RECOVERY KERNEL

Series yemararama ane hukama nemhando dzemishonga.

Saka here kwakaita kuti udzuke kubva pakushandisa kemikari kune zvekusexera.

* Tarisira rubatsiro rwemwedo.
* Zvishandise zvimwe zvemafomu ekubatsirwa, senge:
* Mugadziri weRecovery Kernel.
* Naloxone.
* COMT.
* DRD2.
* MTHFR.
* Usazvichenesa. Kubata zvinhu zvinokurapa hazviwanzoitwe, asi kubatsirwa kwemwedo hakusi chinhu chakaipa.
* Tarisira rubatsiro rwemamiriro ako akanakisa.
* Uye uone kuti unogona kuwana "Blueprint" yako yekubudirira.

* Kana uchida rubatsiro, shanyira findahelpline.com.

Bhuku Rekufunda Nzira Dzekubudirira Pakareka Kushandisa Zvinhu Zvinodhaka.

Kushandisa Dhizaini yeKernel yekudzorerwa.

Crystal Methamphetamine · GHB / GBL · Mephedrone (4-MMC) · Cathinones · MDMA · Cocaine · Slamming

⚠ CHIZVIGARO ZVEKUDZAMARA NGOYEKWEDZA KUCHENESA – HAZVIZI KUBATSIRA VAROCHE. | Nguva yekutadza: fona 994 kana utenge findahelpline.com.

CHIBVUMBA CHINOITAURA KUBURITSA NZWIMBO DZEMHUKA DZEKUVAKA ZVINHU ZVAKASIYANA-SIYANA PANGUVA YEMWEGA.

Mwedzi wega mumamiriro ekushandisa zvinodhaka anoda nzira yega yekubudirira, iyo inofanirwa kuita zvine hutano pamwechete. Bhuku iri rinomiririra matanho ayo.

Chinyorwa Chiri Pazera Rekutanga.

Iri ndiro guru remutsetse weSeries yeNavigation yezvinhu zvinokonzera kushanduka (Substance-Specific Navigation Series) yeRecovery Kernel. Iro guru nekuti, kwete kuti chinhu chimwe chete chinoshandiswa mune chemsex chakanyanya kunetsa kupfuura zvimwe zvakasiyana—mutongi wezvakatsetse zvemeth, mutongi wezvakatsetse zveGHB, uye mutongi wezvakatsetse zvecocaine mumiro yavo yakazara—asi nekuti chemsex inyanzwa dambudziko rekubudirira mukuponesa zvakakosha zvikuru kupfuura kushandiswa kwezvinokonzera kushanduka chimwe chete.

Chemsex haisi zvikanganano zvatinenge matatu. Iri chimwe chakakangwa chinoratidza kuburikidza nemaitiro matatu ekushandiswa kwezvinodhaka, anomiririra musimboti wechimwe chinhu (kusangana sekubereka), uye anobatanidzwa nehama dzakakosha (zvakanyanya asi asiri chete kumabhuru, vanobva mumamiriro akasiyana-siyana, uye varume vanobereka nevamwe varume). Zvakare, chemsex inokonzera matambudziko anopfuura ekutarisirwa nemishonga, anosanganisira kutapisa kweHIV, zvimweni zvinotapisa, uye maitiro ekubereka ayo aizoshandiswa nekushandiswa kwemamiroro.

Chinyorwa ichi chinonzi "compendium" zvinoratidza zvinhu zvitatu zve"chemsex" zvakajere: Crystal Meth, GHB/GBL, uye Mephedrone. Zvinotarisira kuti zvinhu izvi zvinoshanda se'attack' inoderedza kugona kwevabatsiri kuita sarudzo. Inoratidzawo matambudziko akakosha emamiriro emuviri ayo anogumbatswa

nemunhu wese, uye inonzi vanhu vakawanda vane matambudziko akadaro. Uye inosanganisira zvigadzirwa zvekushandisa zvakakosha — Protocol 35S uye zvimwe zvinhu zviri pasi pazvo — zvakagadzirirwa vanhu ava chete.

Chishandiso chinoitisa zvikamu zvakasiyana-siyana zvekurapwa kwezvinodhaka kubva kumamwe mashoko ari muenzaniso iyi, uye inoongorora mhedzisiro inowedzerwa nekuda kwekurapwa kwechemsex: hutano husingabatike, zvikonzero zvakakosha zvekurapa HIV neSTIs, "mhando" yekubatanidzwa nemidhanzi uye kufa kwepfungwa, kurarama husingabatike, uye nzira dzekubatana nemunharau dziri nenzira inobvumira munhu kuti arambe achiratidza hunhu hwake sezvekubata uye kubatana nemakomyuniti.

Kukunda kubva pachimwechete chemhando dzakasiyana-siyana hachisi kukunda kubva muzvinhu zvitatu zvakasiyana. Ndiyo yekuita kuti murume akunde iye wese - mune zviri zvekubereka, zvemunharaunda, zvemuenzi, uye zvepakati paanogara - kubva muchimwechete chinenge chiri chinhu chimwe chete chinoshanda pamhando dzose dzema.

Section 0 ndiye inofanira kuverengerwa pakutanga.

Section 0 - Chengetedzo Yekupfuura: Verengai Izvi Pakutanga.

Mikana Yemishonga Inobva Muchizvarwa.

⚠ KUCHENESA KWEMAKEMI INOINONOKWERERA KUNYAYA YEKUDZIMWA NEZVIMWE ZVINOFANIRA. GHB + METH = RISKI REKUKUNDA HWENYU NEMUFUMU UNEKURORA. GHB + ALCOHOL = KUROI KWAKAITIKA KWEKUTANDARA KWANGAVHURISA RUVHENGE. USACHENESA GHB NEALCOHOL KANA NEMAMWE AKANYE ANOGONGA MUFUMU.

Mhando yekukosheswa.	Zviratidzo uye zvinongoita.	Response
Overdose yeGHB (nhombo inenge yakanganisa mwoyo).	* Kusagona kuzvinzwa kana kupindira, kufema kwakadzikira kana kusiri. * Mhuka inenge yakafara mumvura. * Mhuka inenge ine ruvara rwemakomo pamuromo kana pazvishongo. * Kudonha kwehutsinye apo mhuka isiri pavanhu. * Kurwadza.	Daira nhare 994 pakarepo. Hapana chinhu chinogona kushandiswa kuti zvigadziriswe iro ravaipa. Chengeta murwere achitambura achibva ari mumutumbi wekudzokorora. Rega kusvikira vatori vekushanyirwa vanofika. Usamusiya wakazvimirira. Naloxone haishande pachinhu chinonzi GHB.
Kukanganiswa nemari inokonzera matambudziko emoyo.	Kurwadza mumutsvene, kudedera kwebofu, kushaya simba kufema, kurwadzi yakakura nehasha, kurwadza pamweya, kurwadza pemusoro, kunyanya pachironda, kusanzwa mweko.	Daira nhare 994 pakarepo. Dzorera pasi. Usafamba kana kushanda zvakanyanya. Izvi zvinogona kuva chirwere chemwoyo kana kuti utachiona. Maminiti ese asina kurapwa anowedzera kukuvadzika.
Kushungurudzwa nehutsinye hweiyo chinhu chinonzi meth.	Kukwirwa nezvinhu zvisiri echokwadi (zvinangwa zvekusavhunduka), kuona kana kunzwa zvinhu zvisiri apo (ma hallucinations), kusagadzikana kana kuvenga, kusagona kuziva hukama hwemari.	Daira 994 kana pane ngozi kune munhu kana vamwe. Dzokera kunzvimbo yakazvimiririra, isina kushungurudzwa zvakanyanya. Simba mazwi ako. Usavhiringidzwe nezvaanotaura, zvinogona kuve maonero akaenzana neupikisi. Zvakakosha kuti vafambi vemagariro vakutarise – upikisi hunogona kupfuura masvondo akawanda mushure mekushandisa meth.
Mephedrone /	Kurwadza mumutsvene, hutapwa	Daira nhare 994. Chengeta

cathinone overdose.	hwemwoyo, kutonhora kwakaderera (tempanicha yakaderera), kurova, kusagadzikana zvakanyanya, psychosis.	murwere achinyatsozara (bvisa zvapfukidza zvinoreva kutonhora, ita kuti ave munzvimbo inotonhora). Usamuurayire kana zvichidikanwa. Zvokurapa zvinodiwa — zviratidzo zvemagadzirongedzo emwoyo nekuda kwecathinone zvakanyorwa.
Kukanganisa (kudonha zvinhu mumuviri nejecha).	Kurwadza kana kuvara kwakanyanya panzvimbo yacho yakaiswa chinhu, kutonhora nekuvhara, kurwadza mumutsvene uye kutonhora (zvinoonekwa seendokarditisi), kushandiswa kwehutano.	Daira 994 kana muchinja kana kuchinja uye kushanduka, kana kuti kana muchinja pamwe nekuchinja. Izvi zvinogona kureva septicemia kana endocarditis — matambudziko anokanganisa upenyu anoda mishonga inopinzwa mumuviri nemutsvino. Usamirira zvinhu "ndizvo" nekuita kuti zviende pachake nezvakaita izvi.
Kubata zvekunyengedzwa zvine hukama nekusexera nekemikari.	Maitiro ekushandiswa kweiyi chinhu inogona kuva nechiprofita, asi inoda kuchengetedzwa. Chemsex inenge ichiitwa nemamiroro anowedzerwa zvinhu zvinodhaka – izvi zvinogona kuitika kana kuti munhu akabvumidzwa kushandisa chinhu chimwe chinhu, asi achiri kushandiswa kuita basa rekusexera iye asati atambidza.	Iwe une kodzero yekutarisirwa zvakawanda, PEP (kana uchiri mumavhiki 72), uye rubatsiro pasina zvikanganiso. Raioni National Sexual Assault Hotline: 1-800-656-4673. Dhizini rematambudziko rechitima richapa bvunzo yezvinhu zviri pamuviri uye PEP kana uchida.

Mhinduro Yekutapadzwa Mune Nguva Dzekukosora yeHIV uye Zvirwere Zvekusemesa.

THE CENTURION - Nguva Yemaawa Makumi Mabiri Emazana Ekare Inogonesa Upenyu.

Chinyorwa 42 chemuvhuti hunhu hwePEP se'Emergency Rollback' - iyo System Restore Point inofanirwa kutanga mugore remwedzi 72 kubvira pakutongofunga kuti kunenge kuchinja kweHIV. Kana makarara pasina kondomu panguva yechemsex uye pane chero mukana wekuchinja kweHIV - musamirire kuziva. Dzama PEP zvino.

Kubatsira.	**Zvinoreva kuti zvinobudirira here?**	**Mwedzi weJuly kusvika Gumiguru.** **[Blank Line]** **Kuti uwane rubatsiro,**

		shanyira findahelpline.com.
PEP (Kudzidzira Kwemushandiro Wechipiri).	Kurasa remwedzi makumi maviri remafomu ekudzivirira kusvibiswa neHIV, anobvisa kuti HIV isvike uye iite utano mushure pekukwanisa kuva nechisimba. Kushanda kwemafomu kunodarika nekufamba kwenguva, uye kunopera zvachose panguva 72.	Inofanirwa kutanga mukati memwedzi mitatu - nyore zvakanyanya, inobudirira. Inowanikwa mumitambo yese yedzidziso, makliniki ekubatsira zvekurapisa zvinokonzera zvinetso zvekubereka, kana kuvarwi veHIV. Bvunza zvakananga: 'Ndinoda PEP nekuda kwechikwereti chekugadzirwa kweHIV.'
PrEP (Kudzivirira Kusvika NeHIV Panguva Yekurapwa).	Dosi yemazuva ese (Truvada/Descovy) kana kuti injekshini inogara kwenguva refu (Apretude) inoderedza ngozi yekutapwa neHIV zvakanyanya, pachiyitika kuita kuti ngozi idaro iwedzere 99%. Bhuku rekushandisa rinonzi "The Pre-Execution Firewall."	Zvakakosha kuti tange kuenda kwemwedzi usati watanga kuiswa kwePrEP kana uchida kushandisa chemsex. PrEP inowanikwa kumadokotera, makliniki ekurapa zvinhu zvekubereka, uye maservices eHIV. Kana usati washandiswa PrEP uye uchishandisa chemsex, tanga kuenda kwemwedzi usati watanga kushandisa PrEP, usati watanga session inotevera.
Kutsvaga uye kutarisira zvinetso zvekurwara zvekubereka.	Gonorrhoea, chlamydia, syphilis, herpes, HPV, hepatitis A ne B zvese zvinoitwa nekubatanidzwa kwezvirume kana vakadzi. Zvimwe zveiyi zvinogona kusatambura. Kutarisa kazhinji ndiyo imwechete nzira yekuziva.	Vanhu vanoshandisa kemikari pakubaya, zvakakosha kuti vafemerwe kwekurapa kwemwedzi mitatu. Femerwawo panguva yega yekuongorora zvinhu zvekubaya kunyange pasina matambudziko. Kurapwa kunofanirwa kutanga nekukurumidza kana kurapwa kusvikwa - kuvepo kwezvirwere zvepakubaya (STI) kunowedzera zvakanyanya ngozi yekutarisana neHIV.
U=U (Kusaziva = Kusabata).	Munhu ane HIV, asi akazvichengeta zvakanyanya kusvika viral load yake iri pasi pezvimiro makumi maviri (pasi pe200 copies/mL), haachagoni kupasa HIV kuburikidzo yekubereka. Iyi isiri nzira yekudzikisira ngozi – ndeumwe mufananidzo wezvakaitika wakasimbiswa nezvidzidzo zvePARTNER uye PARTNER2.	Kana iwe kana mumwe wako muchiine HIV: mubvunzo yakakosha chete ndeyekuti zvirwere zviri kushandiswa uye kunaka kwezvakaderedzwa zveHIV (viral load). Kunyanya, kusava ne"viral load" inogona kudzora kutauruka kweHIV mune zvikonzerwo zvekubata.

Naloxone — Torisa nayo panguva yekupinda mune zviratidzo zveGHB.

Naloxone (Narcan) haisi chinhidzo chekuparadzwa kweGHB. Zvisinei, kana opioids zviriwo zvaripo munzvimbo ye"chemsex" - iyo inenge ichiwedzera sezvo zvinhu zvinonyangadza nefentanyl zvichisvika kune ese marudzi erutsigiro - naloxone inogona kuchengetedza hupenyu. Nyorerai nayo, chero zvapi. Nenzvimbo ye"chemsex", kazhinji pane zvinhu zvinoverengeka, kusanganisa nezvinhu aizotarisira kuti arimwo.

Inowanikwa pasina mvumo mumitambo zhinji yeUS. Nhamba yekubata kana uchida rubatsiro: 1-800-484-3731.

Sezheni 1 — Zvaaita Chemsex kune Moyo, Muropa, uye Kunasu.

THE CENTURION - Trinity haisiri maviridzvo matatu. Yaiva imwe dhizaini.

Chemsex trinity - crystal methamphetamine, GHB/GBL, uye mephedrone (ine cathinones, MDMA, cocaine, uye zvimwe sezvinhu zvinoshandiswa mune mamamiriro akasiyana) - haisiyani sarudzo yakaitwa netsaona. Imwe neimwe chinhu chinoshandiswa rinoratidza basa rakakosha mukati mechemsex architecture, uye kuunganidzwa kwacho kunoitwa nezano pachinzvimbo chemuropa kunyange kana kuti isiri zvakanyatsozivikanwa:

Architecture yechisikidiki yeTrinity.

Zvinonhuhwirira.	Mugadziri mukuru webyo-bhaya mune zvikomba zvekemix.	Zvaive kuzobvumira here zviri zvekubereka?	Zvinodhura zvakawanda here?
Methamphetamine inokwirira.	Kudzoka kweadrenaline ne-dopamine zvakakura: kufarira kwakadiki, simba, kunyatsogadzikana, kusaradza manejero, uye kudyidzana kwepamusoro. Iyi ndiyo "injini". Inowedzerawo kushungurudza uye inonyatsoita kuti unzwe zvese.	Maawa kusvika kumazuva ekufamba-famba nekurarama hure. Kushungurudzika kwehure kunonyadzisa zvimwe zvinodiwa, semuuyu, kushushikiswa, uye kusagadzikana. Kunzwa kwemukwereti uye kufadza. Kusununguka kwezviito zvebende izvo aiziva kuti haazvidi achibva anoshumira.	Kuparadzwa kwesystem ye-dopamine (kusvika kwe-D2). Kusagona kuroorera. Kuparadza mwozo nekushandiswa kwakawanda kwenguva refu. Kurwadziwa zvamunhu. Nguva inodiwa kuti system ye-dopamine ibudirire zvizere ndeye 12–24 mwedzi.
GHB / GBL	GABA-B agonist: kusunungurwa kwekusanzwisisana, kufara, kunyaradzwa kwemuviri, kuwedzeredza manejireni. GHB inobva kuvharira kushushikiswa kweiyo	Kuderedza uye kudzikisira kufunga kwezviito zvinenge zvakanyanya. Kudzikisira kushungurudzika kwakakonwa nemethi. Kurarama kwevamuviri kunobvumira kuita zviridzwa. Kunzwa	Inzira inonyanya kuipa yekubva, inogona kukonzera kushungurudzika uye mhirizhonga mumavhiki mashoma ekusada. Inongoita zvimwe nezvinhu zvinonzi GBL, izvo zvinokuvadza bhararesi. Iyi inzira ndiyo ine kutyisa

	methamphetamine (meth), uye inoderedza manzwiro ekutya uye kushanduka kwemazuva akawanda ayo anogumbatidzwa nemhando yakakura ye-meth.	kushingaira, kuvhurwa, uye kugara nechido chekutaura nezvemanzwiro. "Zvishandiso zvepakombana" zviri mumhando dzetatu.	kwakanyanya pakubata muviri.
Mephedrone / cathinones	Kudzidzisa kwezvinonyanya kukonzera kushanduka kwezvinhu zvakati (dopamine, serotonin, norepinephrine), zvakafanana nejecha asi inobatsira mumitambo uye inogara kwenguva pfupi: chinhinja chinowedzerwa manzwiro. Icho "glue".	Kutsunga kwemwoyo uye kufamba kwezvaro zvine simba. Kunyatsopedza kwehuremu (kuti kunonzwa kunenge kusiri chinhu chakarurama) kunobvumira kuti kufamba kwezvaro kwendiro. Kushanda kwakanaka mumamiriro ekushangidzika uye kuvhurwa kwemwoyo. Kuziva kwekusangana zvakare nechibhende chinogona kupa vamwe vanhu, asi hachisi chinhu chinoshanda kazhinji.	Njodzi yekukuvadzika kwebasa remwoyo (kushanduka kwemoyo nekudonha kwenzvimbo, kana kushandiswa kwezvidonge zvekureba). Kune ngozi yekukuvara mwoyo. Kushanda zvine hutsinye kweiyo system ye serotonin, kufanana neMDMA. Kuwanda kwekuda kwezvinhu zvakawanda nekukurumwa. Kunetsa kukunda kuda kwacho nekuti inogara ichidikanwa kazhinji. Kuwira pasi kunonyanya kuita, kusanganisira kushungurudzika uye kutya.
MDMA (kushandiswa kazhinji).	Kudonha kwe serotonin: kuburuka kwe oxytocin, kunyatswa kwemwoyo, kukwezva, kushandiswa kwekunanzwira, kufara zvakanyanya. Kazhinji inowedzerwa ku "trinity" nekuda kwehunhu hwayo hunonyadzisa hukanganano yemwoyo.	Kunenge kuine kunyatsopedzwa kwechinangwa uye kugamuchirwa. Kunzwa sekuti uri kuonekwa zvakarenda uye kuda. Kudzikiswa kwekumanikidziko ekubereka. "Dhiregzi" remwoyo mune zvikanganiso zveerudo nemanzwiro, izvo pfungwa dzinenge dzisina nguva dzekuita kazhinji.	Kunyadzo yekukonzera neuron dzinogona kuva nemishonga yakawanda. Kushandiswa kweMDMA kazhinji kunokonza "blues yeChipapa" nekuderera kwemushonga we serotonin - kushungurudzika, kutya, uye kusavhiringidzwa nevamwe vanhu. Kugadzirisa kunoda kugadzirisa system ye-serotonin pamwe neyekudhanimini. Nguva inonyanya kuita kuti munhu ave nemotivation

			yekugadziriswa nderenguva yakatevera pakarepo mushonga uyu.

Chii chakanga chiri kutsigira maitiro ekushandisa kemikari.

THE CENTURION - Zvinhu zvaive zvakanga asiri zvinangwa, asi chiitiko chakanga chave chinhu chinonyanya kukosha.

Kunyatswa zvakanyanya nezvekubudirira kubva muchimbiro chekemikari kunoreva kufunga nezvazvo zvaingaita chido ichocho – kwete zvemiromo yega-yega, asi nzvimbo yese yaivaichangobudira. Chinyorwa chinozita zvinhu zvisiri nyore se'Chemsex Daemon' inogona 'kudzima midziyo yekunzwisisa ngozi yemushandisi.' Asi iyi nyaya, kunyange ichiitika kuti iri chaizvo nekuti inobatsira kudzivisa ngozi, inongoratidza nzira yacho asi isingatauri zvakarenganisi zvekugutsikana kwaiva kuchidikanwa.

Zvaivapa nechemsex, zvaitwa zvechokwadi uye pasina kuvhiringidza zvinodiwa:

- Kusvikirwa kwezvinangwa: Kune vanhu vakawanda avo zvekubereka zvavo zvinova nemamiriro ekutya, kufaera kwekusarudza kwemurume ane mumwe murume, kana kuti mhirizhonga yenhaka yekuvapo munharau dzakanga dzinorambwa, dzinotarisirwa semitero, uye dzinoparadzwa neHIV/AIDS munguva yakava nechokwadi – kuvhura kwezvinangwa nekemikisi hakuna kuva kufara. Zvaiva kubvarura. Kufamba kwakatemerwa kwekusavhunduka kwaive chokwadi, uye kwaive kuchibvumira kushandiswa kwezvakaitika zvebhodhi rekubereka izvo zvaifunga kuti hazviwanikwe pasinawo.
- Kubvuma zvakanyanya uye kunzwa kuti uri wechipamwe: mumamiriro akanaka, "chemsex" inogona kupa chipamwe chevanhu vanovabvumirana - nzvimbo dzinoita kuti utano hwemurume kana mukadzi usvikise zvinodiwa. Kuzvipira kwacho kwaive chokwadi. Kubatana kwacho kwaive chokwadi. Zvinhu zvaiiswa mumuviri zvaishandisa, asi chinhu chaiva pachake chakanga chiri chokwadi.
- Kutsamira kwakanyanya mumuviri nemwoyo: Mephedrone inowedzera kunzwa kwekunyara uye MDMA inounza runyararo, zvinoita kuti munhu azvitonge mumaererano ekutsamirana mumuviri nemwoyo akanyanya, ayo anowanzoitika. Kune vanhu vakanga vapererwa kufa nekuda kwemaitiro emoyo, kushungurudzwa kwezvakanganisa zvine hukama, kana kuti kuoma kwekutarisa zvinhu zvinokonzera kusavimba – kudaro, kuganhwirira kwekubatana kunobva kuchimwiya chinogona kuzoratidzika seicho chete chavanogona kushandisa kuti vabatane nemunhu chaiye.
- Kugara uye kuita zvakanaka: Crystal meth inounza simba rakakura uye meth inoderedza kunetseka, saka vanhu vanogona kurarama zvemaawa kana masikati achiita zvekubereka, chinhu chisingawanzoitwe apo vasina kushandisa chinhu. Kune vamwe vanhu vasinganzwike zvakanaka nezvekuita zvavo pabereko pasina kushandisa chinhu, simba iri rinowanikwa

nechinangwa rekushandiswa kunobva kuita kuti zviite sekuda kwavo pane kungova chinhambidzo.

- K-hole uye kusanzwa (neketamine): Mune mamamiriro akanga ketamine yasikirirwa, muranda wekusanzwa wakapa nzira kune zviratidzo zvepfungwa zvakanga zvichidikanwa chaivo nekuda kwehunhu hwavo, pamwe nekuita zvekubereka.

Hazvo zvose hadzvikunde kana zvinangwa zvabviswa. Kudzorera kunofanira kushandisa yese imwe yeiyi mabasa - kwete nekuti zvakaratidzwa kuti zvepfupi, asi nekutsvaga nzira chaiye uye isina kushandiswa nemishonga yekuwana matambudziko akaenzana.

Kunyengedzwa kweZvinodhaka Zvekushandiswa Zveshanduko.

THE CENTURION — Matambudziko Mitatu Inopinda Panguva Imwe Chete — Nemaitiro Akasiyana Ekukurumidza Kwekubatsirwa Kwemishonga.

⚠ ZVINOKONZESA KUDII CHINONYANYA KUITA NGOZI MUKUONA KWEMWEDzi YEKUCHENESA MUVARIRO NDIMO GHB/GBL. KANA UCHIDYA GHB/GBL REGULARLY - KANOPFUURA KAWAINE PAMWE PAZUVA - USAREJE KUTORA ZVAKADAI PAKANGODARO. TSOPI MEDIRESIRI USATI WATANGISA KUONA KWEMWEDzi. KUONA KWEMWEDzi YE METH NEKUONA KWEMWEDzi YE MEPHEDRONE, KUNGE KWACHIDIZA, ASI HAZVIZVO ZVINOKONZESA NGOZI NEMAINE.

Zvinonhuhwirira.	Kukosora kwezvirwere uye kupokana nekushingairwa.	Nguva yekukura kwezvinhu zvinonyanya kuoma.	Zvikonzerero zvekubva zvakakosha: * [ ] Kunyara * [ ] Kusuika * [ ] Kurasikirwa nemeso * [ ] Kusagadzikana * [ ] Kushushikiswa * [ ] Kuora mwoyo
GHB / GBL	Zvinokosha - Runyararo uye ngozi yekurwadza mwoyo. Usadzame kushandisa doro kana uchidya marudzi ari kupfuura katatu pazuva. Zvakakosha kuti uve pasi pevhidhiro vechedokero.	Maawa 2 kusvika 72 apo pasina kushandiswa kwechedokero - nguva yekutarisira ngozi yakakura.	Kunzwa, kushungurudzika, kuona zvinhu zvisiri zvechokwadi, kusanzwisisana kwehutano hwemuviri, kunyanya kushushikiswa, kurasikirira, uye mwoyo ukananga nekukurumidza. Inoda kurapwa nebaclofen kana benzodiazepine.

			Tafadzai iyo bhuku rekuti "GHB" muchiratidzo chino kuti mutore mashoko akakwana.
Methamphetamine inokwirira.	INOKORA - Inotyisa zvakanyanya; haina ngozi pakunetsa kwakatanga.	Mazuva 1-14 kwechipupu chekurapwa; masvondo kusvika kumwedzi wekusaziva kufara.	Kusanzwisisisa kwakanyanya uye kusvikirira kunenge kusina nguva kuenda kunorara (kusviba), kurwadziwa zvakanyanya, kushungurudzika, kusada chinhu, kufa nechokwadi, kutya. Kushandiswa kwe"meth" kwenguva refu, kunyanya panguva yekusanganisa nemidzidzo inonetsa, inzvimbo yemararamiro akaoma zvikuru pakati yemamirwarwa anobatsira.
Mephedrone / cathinones	Kusuru kunopesa, asi kusagona kuita kuti zvive nehungwa.	Mazuva 1-5, zvinhu zvinenge zvakaipa zvikuru; masvondo anodiwa kuti mhepo yepamwoyo ibudirire.	Kunzwa, kushungurudzika, kufema, kusada zvese, kusagona kufunga zvakanaka, kuda zvikuru zvimwe zvinhu, kuzviziva sezvekushungurudzika. Kushoma kwe serotonin kunonyadzisa - kunzwa kungava kwakadaro uye kunoda kurongedzerwa.
MDMA (kana ikabatwa zvakajairika)	Kuderera kwe serotonin kunogona kuita kurwadza kwakadaro mushure kwekushandiswa.	Mazuva 3-7, zvinhu zvinenge zvakaipa; masvondo kusvika kwemwedzi kuti serotonin idzokere.	Kunonzi kuine kurasikirwa kwakanyanya kweudzvinyiriri (kunonzi "kusadaro kweChiporofumo"), kushungurudzika, kusaziva manzwiro, kusiya vanhu, uye kusaita zvekufunga zvakanaka. Kana MDMA yakashandiswa kazhinji, kuora kweudzvinyiriri kwakanyanya.

Mudzidziso wekurapa: chinzvimbo yekutanga ndeyokurapa zvinetso zvekusununguka kweGHB - iyi ndiyo nyaya yedorojena. Kusununguka kwechi-meth uye kwe-mephedrone kuchaitika panguva imwechete asi hakusi nyaya inogona kukonzera kufa pakarepo. Kurapwa kwavo kunoitwa zvine hutano apo zvinetso zvekusununguka kweGHB zvarapwa.

Sezheni 2 - Dhizaini Yemajiniro Ako.

Chinyorwa izvi zvinoratidza zvinhu zviviri zvakakosha zvekuipa mumamiriro ekushandisa kemikari: COMT Val/Val (inonzi "Warrior" - inounza kutsvaira uye kuda kurova ngozi nekuderera kwedopamine) uye MTHFR variants (dzinoderedza kuchena kwehutsinye hwe mucous membrane uye dzinoparadzira kuumbwa kwemutauro). Bhaiseni rakazara re genomic data rekubudirira pakudzorerwa kubva kushandisa kemikari inoshandiswa mune zvakawanda, asi inoratidzawo zvinokanganisa zvinhu izvi:

Jeni.	Sarudzo.	Mugadziri wezvekushandisa zvekemikari.	Mhedziso yekudzoka.
COMT	Val/Val (rs4680) — Hunhu hwevarwi.	Chinhu chinoshandiswa zvakanyanya mumamiriro ekushandisa kemikadzi. Kushinga kweCOMT kwepamusoro kunoreva kuti: dopamine yakaderera pakutanga, saka munhu anoda kuzvipira mumaererano akazvinetesa, anosanganisira zvekubereka uye ngozi. Munhu ane "Warrior" anotsvaga mashandiro akanyanya nekuti mashandiro akadaro chete anogona kupa signal yakanaka ye dopamine.	Dhizira rekudzorerwa rinofanirwa kuve nepfungwa yakakwana – kukurudzira, nhamo yepamuviri, kugadzira zvinhu, uye ngozi inonyaradza. Munhu anobva pachimwe chinhu chakaita sekusexera nemishonga asina kuvaka dzimba dzakadaro dzinogona kumutarisira, kwete nekuda kwekusava nechokwadi, asi nekuda kwekuda kweiyo miviri.
MTHFR	C677T (rs1801133) uye A1298C (rs1801131).	Chinyorwa ichi chinoshandiswa zvakanyanya chinoratidza kuti zvikamu zveMTHFR zvinowedzera ngozi yekutapindirwa neHIV nekuda kwekusimba kwemukati mepfupa, iyo inenge isango remuviri.	5-MTHF inokumbirawo zvinodiwa kuti zvigadzire simba remuviri uye kuwedzera kugadzirwa kwezvinhu zvemuropa zvine basa pazvipfeko zvepfupa. Izvi hazvifaniri kusiya, kunyanya kwamunhu ane utano hweMTHFR uyo ari kutarisana nekukunda kwemishonga - inobatsirawo pakutarisisa ngozi yekuvhunduka kweHIV uye

		Zvakare, zvinoparadzira kuumbwa kwezvinhu zvine simba mumisodzi, izvo zvinokonzeresa kutya uye kusavanzika kwaiva nechokwadi nekuda kwekushandiswa kwezvemishonga.	pachinhu chinodiridza kuti chii chinoita kuti munhu arambe achida kushandisa mishonga.
GABRA2	rs279858 / rs279845 haplotype inenge inango ngoho.	Inogona kuziva kuti zvinhu zvinonyanya kuipa kana munhu akabatwa neGHB uye anenge ane ngozi yekubviswa kwezvinodhaka. Vanhu vane GABRA2 vanenge vane ngozi yakaderera vane GABAergic inhibitory tone yakananga - GHB inounza runyararo rakakura, uye vanhu ava vanonzwa runyararo urwu zvakanyanya kupfuura vamwe.	GABRA2 inenge yakakwirisa dambudziko rekuti: kunoda nguva refu yekudzikisira GHB, kuve nezviratidzo zvinonyanya kusagadzikana panguva yekubvisa GHB mumuviri, uye kutora nguva refu kuti GABA idzokere pachinzvimbo chayo. Inogonawo kuziva ngozi dzekurohwa nemhepo panguva yekudzikisira GHB - ruzivo rwuri pachena kune vese vanoita basa remidzo.
DRD2 / ANKK1	Taq1A A1 allele (rs1800497) — Syndrome ye Kushoma.	Kuderera kwezvinoreva DRD2 = kushoma kwenzvimbo dzinogona kutarisana nezvinhu zvinonzi dopamine = kufunga zvakanyanya nezvekuti unoda kuita chinhu chinokubatsira. Kuiswa kwayo kwezvinhu zvakawanda mumamiriro ekusexera kunobvisa kushoma kwenzvimbo dzinogona kutarisana nezvinhu zvinonzi dopamine	Munhu ane allele yeDRD2 A1 haafanirwe kuva nemufaro mumamiriro ekusavharira uswa, kunze kwekunyatsogadziriswa kwemaitiro akawanda anopa mufaro. Kusavharira uswa kubva pachinzvimbo chimwe chete hakakwanisi. Dhizaini yechisvo inofanirwa kuve nemarongero akawanda.

		zvakanakisisa kupfuura mamwe marudzo anowanikwa.	
DAT1 / SLC6A3	10-kupfurira allele yeVNTR (rs28363170).	Kudonha kwezvinhu zvinotevera zvakanyanya = kuwedzera kwemaitiro ekubva kwe dopamine = kuderedza kwekushandiswa kwe dopamine pachinzvimbo chekare = mhinduro yakasimba kumishonga inobvisa basa re DAT. Inoitawo shanduko huru ne ADHD — kushandisa mishonga yemarara kuti zvigadziriswe ku ADHD inzira yakaratidzwa yekushandisa mishonga kusex.	Kutarisa kweADHD kunonyanya kushanduka pakurapa kwevanhu vanoda kubva pachivanzi che"chemsex" - kungava kuti vaishandisa "meth" kuti vatore zvinangwa, asi zvakanga ari ADHD chaiye. Kurapwa kweADHD isina kushandiswa kwezvimedu kunobata mhando yekutadza iyi, uye inobvisa imwe yeanzoita kuti munhu ashande pachivanzi che"meth".
SLC6A4 / 5-HTTLPR	allele pfupi/pfupi – kudzikiswa kwekuita basa kwezvinhu zvinotevera serotonin.	Kusiyana kwepfungwa, kunogona kuve nechokwadi chekuti munhu anenge akanganisika zvakanyanya, anenge ane mikova yakakura yekutya, uye izvi zvinogona kumushandisa kuti ave nemitambo inoshandiswa zvekurara sezvavanoda. Izvi zvinogona kuve nechokwadi chekuti munhu anenge akanganisika zvakanyanya, anenge ane mikova yakakura yekutya, uye izvi zvinogona kumushandisa kuti ave nemitambo inoshandiswa	Kuurongwa kwe serotonin inokosha zvakafanana nekurongwa kwedopamine kuvarwere vane genotype "short/short" yejiini iri peSLC6A4. Kunyanya, kushungurudzika uye kusavimba nemamiriro akanga aripo panguva yekushandisa zvinodhaka, haisi zvinhu zvepfungwa asi zvemwoyo, uye anoda kurongwa kwevabereki nezvekutarisira kwemishonga.

		zvekurara sezvavanoda. Mune vamwe vanhu, mhedzisiro ye *mephedrone* ne *MDMA* pane *SERT* (kudzivirira kwe *serotonin*) inogona kuva chinhu chinonyadzisa zvakanyanya. Izvi zvinogona kunetsa kuti munhu ane mikova yakakura yekutya anenge akanganisika zvakanyanya, uye izvi zvinogona kumushandisa kuti ave nemitambo inoshandiswa zvekurara sezvavanoda.	
CYP2B6	*6/*6 mumwe anenge akwanisi kuzvishandura zvakanaka (rs3745274)	GHB inokonzwa nematombo emuviri — vanhu vane mhando yekushandiswa kweenzvimbo dzechidiki (CYP2B6) dzinoita zvakaderera anogona kuunganidzira GHB uye norketamine panenge pakanononongedzwa muchiedza chemwoyo. Muchinyorwa chekumusoro, 'Ngozi yeKudzivirirwa kweZvakakonzerwa.' Munharaunda yekushandisa zvinodhaka, vanhu vane mhando yekushandiswa kweenzvimbo dzechidiki (CYP2B6) dzinoita zvakaderera vanogona kuva	Mashoko akakosha anonziitwa kuti ataurwe kumateam emidzo anogadzirisa zvinetso zvekusununguka kubva paGHB uye nekudzikisira dosage. Vanhu vane utano hweCYP2B6 vanoshanda zvakaenzana, vanoda dosages dzakadzikira dze-baclofen uye kufuridzirwa kwakanyanya nekuda kwekunononongedzwa kweiyi mvuka mumuviri.

		nechirwere chekufungidzira GHB nekukurumwa kwakadzikira uye nekuderedza kwekudonha.	
FAAH	C385A (rs324420) — kudereda basa reFAAH.	Gene rekendokumenti yeiyo mumamiriro ekubva mumuviri ane zvinhu zvinoshanda semarihana. Inogumisa kana marijuana yakanga iri chikamu cheshanduko yekushandisa manhanzi (zvikwenha, kazhinji kuti dziwedzere kushungurudzika kwekusavapo kwemwoyo). Inoyedzawo kuita kuti anandamide ibve – iyo molecule inonakidza uye inobatsira mumamiriro ekubatanidzwa nevanhu.	Vanoita ve-FAAH A/A vane anandamide yakaderera zvakanyanya – vane simba rakakura rekubatanidzwa nevanhu uye kufara kwainyatsoitika nemaitiro ekusex kana kushandiswa kweiyi chinhu. Kufamba uye kubatana nevamwe kunobudirira musimboti uyu. Nzira yekudzokera kuupfumi hunenge yakabatana nezvinhu zvinogadzirwa mumuviri, zvakadai se endocannabinoid, kune vanhu vane iyo nyaya iyi.

Ita 3 -- Dhiziro Rinopisa Chimota -- Rakagadziridzwa Nekuda Kwekushandiswa Kwemamanhanha Akawanda.

THE CENTURION - Mitsetseyo Mitatu yekudzorerwa kwehutano, Munhu Imwe, Dhirayamu Yemitambo Yakazvimiririra.

Kuurayi kwechemsex haigone kuitirwa neimwechete nzira. Zvinhu zvaitiswa kuti zvikurudzire kupora zvinenge matatu, uye dzose dzinoda nzira dzakasiyana-siyana dzekupora, pamwe nemamiriro ekutarisira emishonga uye maitiro ekubatsirwa nemamwedzi. Mazano anotevera haasi kushandisane—anogara achitenderera panguva imwechete, achitarisirwa zvakanaka.

Mudzidziso wekutevera: chinzvimbo yekutanga ndeyokubata nyaya yeGHB pakarepo (nhanduro yemwedziro), gadzirisa mitemo yevano uye zvinobatsira zvose, ipapo deredzera kuita mimhanzi yezvinhu zvekuyamura uye zvine hukama.

Track 1: GHB/GBL — Kupirioriti Mweduro.

Kana uchidya GHB/GBL katatu kana kupfuura katatu zuva rega rega, iyi ndiyo basa rekutarisira kune utano hwako pakarepo. Usavhiringidzika kuti unogona kurapa zvinhu zvinobuda pachikuvadzo cheGHB wega. Zvese zvemuprotocol yeGHB zviri muchigadzirwa chinoita kuti zviwane. Zvinhu zvikuru:

- Kuderedza kwemwedzi yeBaclofen pasi pekutarisirwa kwevhithisi - inzira inonyanya kukodzera zvakanyatsogadzirirwa kushandiswa pakurapa matambudziko anobva pakuderera kweGABA-B.
- Kana baclofen isiri muvharidzo, tevera mutsara webenzodiazepine wemigumisiro yakaderera pasi pevhidiyo zvemuchitadzi.
- Mamiriro yeallele yeGABRA2 inogadzwirisa nguva yekudzikisira dosage — allele dzinenge neangozi yakakura zvinofanira kudzikiswa zvishoma shomanje.
- Zvinangwa zvekuwedzera zvinotanga musi we1: magnesium glycinate (400–600mg, sarudza zvimwe), P5P (25–50mg), 5-MTHF (400mcg), L-theanine (200–400mg sezvinodiwa).
- Selank (inokiswa nemudziyo), inoshandiswa pakurapa kushungurudzika panguva yekudzikisira dosage - haisi chinhu chinonyadza, uye chinoshanda zvakananga pakudzorerwa kweGABA-B.
- Epitalon inokumiswa kuti zvigadzire kurongeka kwekurara panguva yekudzoka kwemazuva, apo murwere anogara achitora.

Track 2: Bhodhi reCrystal Methamphetamine - Kudzorora Dopamine.

Kugadzirira kuita zvinhu zvitatu: kutanga kurapwa kweiyo "meth" panguva imwechete nekurapa kweiyo GHB. Hakuna ngozi yekurwara yakakura inobva pakubviswa kweiyo "meth" pachake, asi "meth crash" inoitika mushure memakore akawanda ekushandisa zvinodhaka nemano anogona kuita kuti munhu ave mumamiriro akaoma chaizvo. Dzidzane zviri kuitika uye gadzirira.

- Allowa kuti zvire: Mutemo 01 (Kudzingwa), roga, kunyura, kudya zvekudya zvine protini kana kuda kwako kudya kudzoka.
- Tyrosine (500–1000mg, mangwanani, usatiwa nezvokudya zvine protini): chinhu chinobatsira kuita kuti mumuviri uwedzere dopamine. - Dzvaibvisa zuva rechitatu kusvika rechishanu kana uchidya zvakawanda.
- NAC (600mg kazhinji ka zuwa, nguva imwe neimwe, uchidya): kusimbisa homeostasis ye-glutamate; kudzikisira zvido.
- Uridine + DHA + CDP-Choline (Zvinangwa zvekufunga): Kuwedzera kwehuwandu hwezvinhu zveD2 receptor - kugadzirisa kwakanyanya kweiyo system ye dopamine.
- Kudzoka kwekurapa kunotanga nekukurumidza zvakakosha - BDNF ndiyo chiratidzo chekudzorera kukuvadzwa kwemafuremu edopamine akakonzerwa nemutsvairo.
- Semax (inokiswa nemudziyo): Kuwedzera kweBDNF uye kunyatsa kwebhuruu remusoro; kufara kwemamiriro ekufunga akakonzerwa nekuita zvekusexera zvine meth anogona kurapwa nezviro izvi.
- BPC-157: inoona zvakananga kushanduka kweiyo system ye dopamine yakaitwa nemishonga inokonzera kufara mune zvidzidzo.

Track 3: Mephedrone ne Cathinones - Kugadzirisa Serotonini.

Kuurirwa kwezvinodhaka se-mephedrone ne-cathinone inofanana nezvekushandiswa kwe-cocaine (kuora kwemakemikari matatu ekubudira) uye ine zvinhu zvikuru zve-serotonin, zvakadai sezvaanowanzoita mu-MDMA. Mugero we-serotonin wakakosha pakuurirwa kushandiswa kwezvinodhaka, nekuti iyo "flood" ye-serotonin yaiva mu-mephedrone iyoyo yakapa hunhu hwekunyarara uye kufara kwakaita sekunge kuva nechokwadi kwekubatana, izvo zvakaitika mune "chemsex".

- 5-HTP (50–100mg, manheru): chinhidro chinobudirira serotonin - chigadziriro chakakosha zvikuru pakubvisa kunyanya kwehutano hwemwoyo uye kusavhiringidzika kwemunhu panguva yekudzokera kubuyikwa kwezvinodhaka.
- 5-MTHF (400–1000 mcg, mangwanani): inyeredzi yekubatsira kuenzwika. Izvi zvinonyanya kufanirwa kwaanoita vamwe vanoverenga vane zvakakosha zveMTHFR.

- Inositol (gramu 4-12, sarudzirwa nemakudya): kusimbisa kushandiswa kwezvirimukanyi zvemushonga we-serotonin; inobatsira zvakanyanya pakurapa kutsetseura uye kufadza kwemishonga, kunyanya mune yevanhu vanenge vapedza kuita mishonga.
- Omega-3, inenge EPA (gramu 2–4 zuva rega rega): inobatsira mweya uye inoderedza kurutidzika kwemishonga mumisodzi.
- Kana MDMA ikabatwa zvakajairika: kuoma kwe serotonin kunogona kuva kwakadaro—zvibvumire nguva yenguva diki ye6 kusvika 8 vhiki usati watanga kuzviziva kuti mhepo yako yakadzoka; 5-HTP uye kuzorora ndizvo zvinonyanya kushandiswa.

Mhoro yekuenzaniswa yekubviswa kwezvinodhaka muropa, kunyanya pakushandiswa kwezvinodhaka zvine njodzi (chemsex).

Mudzidziso wekushandisa.	GHB / GBL track	Zvinangwa zvekurapwa kwehutachiona hweiyo methamphetamine.	Ndiri kunyatadzwa nekuda kwemaitiro akaita aripo.
Maawa 0 kusvika 72.	KUDZIDZA KWEMWEDZIRO YEKURAPWA. Protocol yeBaclofen kana yebenzo. Kutarisira. Dziviriro dzemwedziro. Iri ndiyo nzira chete yakanakira munzvimbo iyi - zvimwe zvese zvinotarisirwa.	Kukundwa. Kurara. Kupwupwura. Usaramba izvi. Muropa rinoda kuzorora. Inwa mvura. Dya zvaunokwanisa.	Kuparara uye kunyanyisa. Zvabvumidzwa. Kuzorora ndiyo mushonga.
Mazuva 3-7	Ngozi inenge yakanyanya yapera kana ikaitwa zvakaringana nemishonga. System yeGABA ichiri kushomeka zvikuru. Shandisa magnesium, L-theanine, uye Selank kuti ubatsire kunonoka. Usaderedza mishonga yebenzo wakangoita.	Kunzwa kunyanya uye kusagadzikana nekunakidzwa. Iri nguva yakaoma zvikuru kwevanhu vanoshandisa meth. Protocol 01. Bata mumwe munhu wekutsigira. Dzama tyrosine ne-NAC kana uchidya.	Kudonha kwekunonoka uye kushungurudzika kwepamusoro. Kutanga kwekushandiswa kwe5-HTP. Inobatsira mukugadzirwa kwe serotonin. Kusaziva manzwiro kunoratidza kuti muviri unovakwa zvakare.
Zvichevo 1-4	Kugadzirisa kweGHB kunoramba, uye	Anhedhonia inenge yakanyanya. Kufamba	Kudzoka kwemamiriro

	zvinoitwa pasi pevhidhiyo. Kugadzira zvinowedzera zvinoenderana nechirongwa. Selank inoshandiswa zuva rega rega kuti ibatsire kushungurudzika. Kurara kuchinge kuchimira kuwanda zvishoma nezve Epitalon. Kuwedzerwa kwe GABA receptor kunoitwa.	kunotanga – zvakakosha, hazvifaniri kusiya. NAC neBrain Stack ari kushanda. Kushungurudzika kwekushandiswa kwemeth uye zvebanga kuchitomboonekwa sechimwe chezvishongorodziro zvinonyanya kusimba.	akanaka zvinoenderera. Kukanda kure nemunhu kungangonzwa sekukomba – kunyoresa kwe serotonin kwekunyarara hakuna. 5-HTP uye inositol. Kudaidzira vashanyi vachibva vazhinji zvishoma nezvishoma.
Mwedzi 1-3	GHB yekudzorerwa kunogona kupera kana kufunga kusvika pakuguma. System yeGABA yakadzorera zvakanyanya. Zvinangwa zvePAWS - mafomu ekutya - zvinoda kufuridzira nekuita kumanikidzwa kwekufema 4-7-8 uye Selank.	D2 receptor upregulation iri kuita zvinhu zvinonzwisiswa. Mufaro wechaenzi unenge uchitongofamba. Kugona kwekuronga pfungwa kuri kuitika. Kushandiswa kwemuviri kunenge kuchitika - kungava kushoma kunzwisisa pasina kuchenesa nemishonga.	Muzvinzwa zvakare zvekushandiswa kwe-serotonin. Kunyatsorondedzerwa kunenge kuchinge kudzoka. Kuzwisisisa kwemunhu uye kufara kwaiva nechinhu chakakosha apo paishandiswa mephedrone, zvino zvichingoonekera – zvakanyanya kushoma, nguva dzimwe chete – mumaitiro ekubata vanhu zvakanaka.
Mwedzi 3 kusvika 12.	GHB, kupera zvakazara uye kuchengetedza mamiriro akanaka. GABA inobudirira kushanda zvakare nekufema nemitambo. Zvinangwa zvekuvhara zvaoma zviri kuchamuka.	Mhando ye dopamine iri pachinzvimbo yakaringana kana padyo nayo. Kushanda kwezvinangwa zvenyama kunovhura zvakare. "Flatline" (yekudonha pasi) yairatidzwa pazasi, uye zvino ichitora mamiriro akajairika. Hunhu hwekusavenga hwekubatanidzwa kwekushandiswa kwechi-meth nekurarama zvinenge kuchinja.	Ijere remushonga we serotonin rakadzoka kuwanda hwakaita kare. Kunyatsokondera vanhu kunenge nyore pasina kushandiswa kwemushonga iyu. Kuzorora kwevanhu kwainge kwapihwa nemushonga wemephedrone kunenge kuchitika nekubata zvine chokwadi nevanhu

			vamwe.

Sezheni rechina -- Kugadzirisa Mabviro -- Dhaya Inosanganisira.

Iyo inongororo yekubudirira yekushandisa zvinonyatidza mumuviri, inosanganisira mapato akazvimirirwa kubva kumaitiro ekushandiswa kweGHB, meth, uye cocaine/mephedrone, pamwe nezvakawanda zvakakosha kuchemsex. Chinangwa: kuvaka patsva basa reGABA-B (muitiro weGHB), kuita kuti mumuviri uwedzere dopamine uye D2 density (muitiro wemeth), uye kusimudzira serotonin tone (muitiro wemephedrone/MDMA) - panguva imwechete yekubatsira iyo foundation yeyamutirioni inogara pazvinhu zvose.

4.1 — Bhuku reMethylation — Zvinhu Zvinofanira Kuzvishandiswa mune Mimwe Yemiririro Yese.

Supplement	Dosi.	Nguva.	Ndiratidze kuti nei zvakakosha, kunyanya pakudzokera kubva kumitambo yekushandisa kemikari.
5-MTHF (L-methylfolate)	400–1000 mcg zuva rega rega.	Mangwanani nemakumbo.	Itaurirano iri rinotsinhira zvakajairika zvekudonha kweMTHFR sezvo zvinoita kuti ngozi yekutapwa neHIV iwedzere nekukanganiswa kwemamwe mashandiro emuviri. 5-MTHF inobatsira zvakananga – inoona kuti mashandiro emuviri ari akakwana - uye panguva imwechete, inopa rubatsiro mukugadzirwa kwezvimedu zvemuviri zvinonyanya kukosha mumatambudziko ose anotungamirira pakubudirira. Nekutarisana nekukunda zvinhu zvine chekuita neHIV nekushandisa kemikari, iyi ndiyo yakanakisa inodiwa kuti ibatsire kuona kuti ngozi yekutapwa neHIV ichidikanidzwa uye kuti zvinangwa zvemuviri zviwane.
Methylcobalamin (B12)	1000–2000 mcg pasi pamuromo.	Mangwanani.	Inogona kushanda zvakanaka pamwe ne5-MTHF. Kushandiswa kwezvinodhaka zvekushongedza (chemsex) kunonyadzisa masisitimu akawanda panguva imwechete (dopamine, serotonin, GABA), saka inoda

			kuti midziyo yekugadzira zvinhu inogadzirwa nemutsvuku B12 iite basa rezvayo. Inowanikwa mumamiriro ekudonha pasi muromo kuti igone kupinda mumuviri zvakananga. Inobatsira kuchengetedza utano hwezvakanyoresa (myelin), izvo zvinonyanya kukosha pakurapa yemarware anokonzerwa nekushandiswa kwe"meth".
P5P (B6 inonyanya).	25–50mg	Mangwanani.	Kofakita yekugadzira GABA (muenzaniso weGHB), dopamine (muenzaniso wemethamphetamine), uye serotonin (muenzaniso wemephedrone) panguva imwechete. Enzymes dzinoda P5P dziri pachinzvimbo chekushandiswa kwazvino mu recovery yechemsex. Izvi hazvifanirwe kusvikidzwa.
Magnesium glycinate.	400–600mg yechiitera.	Mangwanani nemangwanja.	Chigadziko chepfungwa chinonyanya kukosha, chinoshanda kumaitiro ese ari maviri pangu pangu: kusimbisa system ye GABA-B (GHB track) uye kushandura NMDA / kuderedza kunyanyadza (meth withdrawal track). Inoshandawo pachisungo, izvo zvinonyanya kukosha nekuti mephedrone ne-meth inokonzera matambudziko echisungo. Dzvaunotanga kuishandisa musi we1.

4.2 — Bhurawu Rinobatanidzwa Zvinoshanda Pamwechete.

Supplement	Dosi.	Nguva.	Track yepamutengo wekutanga.	Notes
L-Tirosini.	500–2000mg	AM, kusiri chinhu chinosangana isira mupirotini.	Meth / dopamini	Mazuva 3-5, dzvichengetedze zvakanaka kana uchidya zvakagadzirwa. Inowanikidzira dopamine – inobata

				kusava nechokwadi chakakosha kwevanhu vanoda meth. Dzisai protini kuti zviwane kunyudza.
NAC	600–1200mg kazhinji kaviri pazuva.	Mangwanani nemangwani, pamwe nezuva, uye nekudya.	Zese zvese.	Kusimbiswa kweglutamate, zvakakosha kune zvese zvikamu mitatu. Tanga musi wechipiri. Kuvanza kwemishonga inokonzera kushungurudzika kunowanikwa mune ese marudzi emishonga. Inogonawo kuchengetedza jombo.
Uridine + DHA + CDP-Choline (Zvinangwa zvekubatsira ubwuma).	250mg UMP + 1g DHA + 250mg CDP-choline	Mangwanani nemoyo wakanaka.	Meth / dopamini	D1/D2 receptor upregulation - kugadzirisa zvakanyanya kwezvirimwa zvemuenzi zvinonangana nedopamine, izvo zvinokanganiswa nemutsvairo we "meth". Iyi ndiyo nzira inotorongedza nguva refu - inotora masvondo kana maduku, asi inzira ine hunhu hwakawanda hwehutano yekugadzirisa zvimwi zvemuenzi.
5-HTP	50–100mg	Manheru, 30 maminiti pamberi pekupfuura.	Mephedrone / MDMA / serotonin	Mubvondo we serotonin - inobatsira kushandisa zvinhu zvitatu zvekusvibiswa kwe serotonin (mephedrone + MDMA + hutano hwese hweiyi). Inokosha pakudzoka kwemufaro uye

				kunyara. Kuti uderere nemunhu, zvakutanga pano.
L-Theanine.	200–400mg	Nguva dzichidikanwa, kamwechete kana katatu pazuva.	GHB / kusetsa	GABA uye inogadzirisa NMDA, inobvisa kunyanyadza. Inenge isina kushandiswa zvakajairika. Yakakosha zvikuru pakunyorera kweGHB nekuda kwekunyanya kwenyanyadzo. Chishandiso chekutsigira GABA chisiri chemishonga chinonyanya kufanirwa mudziviriro wekutanga.
Taurine.	1–2g pazuva.	Nenzara.	GHB / GABA	Kutsigira maererembo eGABA; kuchengetedza mwoyo; kuchengetedza chiedzimwe - zvakakosha kune vanoshandisa GBL, uyo chiedzimwe chavo chinoshandiswa kuporesa chinhu chinobva. Dzidzisei mushure mekuti GHB dzasvikirwa, asi kwete panguva yekutarisirwa kwehutano.
Inositol.	4–12g (nyoresa).	Yakakamiswa nemakumbo.	Mephedrone / serotonin	Kusanzwisiswa kuti zvinoita kunonakidza: kupindira mumisodzi ye-serotonin; kudzikisa kushungurudzika; kuve nechokwadi chekuti kukurukuri inzvimbo yekushungurudza. Inonyanya kufanira

				pakukurukuri kwezvinodhaka inenge ichidikanwa, iyo inowanzoonekwa panguva yekubudirira.
Omega-3 EPA + DHA	2-4g pazuva.	Nenzara, mangwanani.	Zese zvese.	Inokanganisa kurutidzika kwemishonga inoparadzira mwozo; inobatsira kuwedzera BDNF; inogona kubatsira kuzvidza (ine EPA yakawanda); inobatsira kushandisirwa kwezvinhu zvinoshanda pamamwe mashozvo ekubata (DHA). Inobatanidzwa nekukanganiswa kwemishonga mitatu panguva imwechete.
Mushroom yeLion's Mane.	500–1000mg	Mangwanani.	Meth / hunhu hwe kufunga	NGF + BDNF stimulation. Inokanganisa kushushikiswa zvakananga kwezvimiro zvemuenzi nehutano hwehama dzehama nemadhi. Kugadzirisa hutano hwemahara - kufara kwemahara panguva yekusexera nechemhadhi ndimo imwe yemaitiro akanyanya kukanganisa hutano hwemahara muutano wemamirwo.

4.3 — Iyo Dhaya yePeptide.

Pepataidhi.	Maitiro	Track	Notes

	ekushandiswa kwezvidhori mune zvakawanda zvinonzi "chemsex".	yepamutengo wekutanga.	
BPC-157	Kuiswa kwe dopamine ne serotonin; kusimbisa basa re GABA-B; kugadzirisa zvinhu zvinobatanidza uta nemoyo; kushandiswa pakudzorerera zvinhu zvehutano; kuitira kuti mashongwe adaro agare ari akanaka.	Zvese zvakafanira - kushandiswa kwezvidhori zvinoverengana .	Ipepiti inofaraidzira zvinonyanya kushandiswa muenzaniso wekudzokera kubva kumishonga - inoongorora dopamine (meth), serotonin (mephedrone), GABA-B (GHB), uye kunyoresa zvinhu zvemuropa (zvese zviri nhatu zvinoparadzira microbiome yemudumbu) panguva imwechete. Dzimisa musi we1 wechipupu chekudzokera kubva kumishonga. Inogona kudhinyiswa nemuromo kana kuti kupinzwa pasi pemadonhanga.
Selank	Medyikini inogona kushandiswa kupindira zvinhu zvinonzi GABA ne serotonin; inoderedza kutya pasina kukonzera kushingiriri; inonyanya kushanda pakudzorerwa kwezvinangwa zve GHB uye pakuderedza serotonin yakakonzerwa nemedyikini fephedrone.	GHB + mephedrone tracks	Peptide yakanakidzika zvakanyanya pakurapa kushungurudzwa, uye inobatsira kushungurudzwa yakakonzerwa nekuoma kweGABA (GHB) uye kushungurudzwa yakakonzerwa ne serotonin (mephedrone/MDMA). Haibatanidzi. Inoshandiswa nemudziwo. Inofanirwa kutorapwa zuva rega rega panguva yekutanga.
Semax	BDNF uye NGF kuwedzera; kugadzirisa mabvunzo; kusimudzira dopamine; kugadziriswa kweiyo prefrontal cortex.	Meth track — hunhu.	Kuderera kwehutano hwevamwe vanoshandisa kemikari uye vanogara vachidya mutsva kwemazuva akawanda inzvimbo yekutsvaira. Semax inobatsira kuporesa zvinhu zvinonzi BDNF, izvo mutsva unonyadzvisa, uye inobatsira kuti mwoyo usave nemufaro uderere zvakare, saka vanhu vachikwanisa kuzviona zvakanaka uye kudzidza.

			Inoshandiswa nekuiswa mumuromo. Tanga svondo rekutanga.
Epitalon.	Maitiro ekurapwa; nzira yepamangwanani; kusimbisa nguva yekupinda uye kubuda kwemwedzi.	GHB - kurara	Chikamu chekushandisa GHB usiku nehusiku chinokanganisa zvinhu zvinoshanda nemitsetse yakatarwa mumuviri. Epitalon inobatsira nzira dzinobatanidzwa nechizoro, apo kushoma kweGHB kunobvisa nzira yekuyamwura yakaendeswa kunze. Mwedzi mina kusvika anomwe ekutanga.

Section 5 - Hutano Hwekurudzira uye Kudzorwa.

THE CENTURION - Nyika Inenge Isiridzwa NeKuurapwa Kwakajairwa, Uye Inenge Isiridzwi NeKuurapwa KweVakadzi Vanoita Zvinhu Zvinopesa.

Mubvunzo wemishonga yose inoramba iri muchiratidzo rwemutsetse ino unosanganisira chikamu chehutano husingave hwakanaka, asi chakadiki kana kuti chisina kukosha zvakanyanya. Chirevo chemushonga wekusexera hafuuri kuita izvi. Kushanda kwezviratidzwa zvepakubatsirana kwaisvika pakati pezvinhu zvese zvekushandiswa kwemishonga, uye kwaive nechokwadi. Kupora kubva kumushonga wekusexera - mune zvakanyanya, mweko, uye mumidziyo - hakuzadzikwi kana pasina kutarisa zvakananga nyaya yekubatsirana.

Iri denderi rinobva zvakananga kubva musarudzo yeProtocol 35S (matanho ekushandisa akakosha kune vanhu ava) uye kubva muzvinyorwa zvekudzorerana kwezvehukama ari muVolume V yemusarudzo.

5.1 — Onhechisimiro Hwehutano Hwemwoyo Hwezvakazvimiririra.

THE CENTURION — Mitemo Inenge Anodiwa.

Usati watanga chero chinhwa mumaitiro ekubudirira kubva muzvinhu zvekusexera, zvakakosha kutanga neongororo yemedhorisi. Aya matest haasi echinzvimbo uye anofanirwa kuitwa mugumi rekutanga rekuvhara, kwete panguva yaunonzwa kuti uri kugadzirira.

- Kutsvakurudza kweHIV: Bvisa zvinhu zvinoratidza (antigen) uye mabweva (antibody) yemhando yechitatu. Kana paine ngozi yekubata HIV munguva pfupi, tangawo PEP kana uchiri mumavhiki 72. Kana uine HIV: taura nemunhu anogara achikurudzira nezveHIV nekukurukuri. Kune zvirwere zvinoita kuti HIV ishande, uye zvinobvumira hupenyu hwese nehutano hunenge hwayo. U=U (Unaloadable = Untransmittable) inzwi rinokurudzwa.
- Zvikonzero zvekubereka:
  * Gonorrhoea (zvigaro zvemuviri, zvigaro zvepakupaza, zvigaro zvemunzvimbo yekurapa): kutora mwedo.
  * Chlamydia (nzvimbo dzakafanana): kutora mwedo.
  * Syphilis (kuyerwa kwehunhu): kuyerwa.
  * Herpes (kuyerwa kwehunhu kana usati wayera): kuyerwa.
  * Hepatitis C (kana uchidaidzira zvemuviri): kuyerwa.
  * Hepatitis B (kuyerwa kwehunhu uye kunge wakatora utano): kuyerwa uye kubvunzurudzwa nezve utano hwakatora.
- Kana usina kuchengetedzwa kubva kuhepatitis B: zvitorongo zvitatu zvinopa kudzivirirwa kwenguva refu.

- Tevera yekudzivirira kweHPV kana uchikwanisika (kusvika pakubuda kwemakore 45 mune zvimwe zvinongorwa): inodzikisa zvakanyanya ngozi yekurwara nekanza inobva kuburikidzo yeHPV.
- Kudzingiswa kwehutachiona hweMpox kana usina kuchengetedzwa uye uri munharaunda ine hutachiona: zvido zvekurapwa zviviri zvevhezheni yeJynneos. Mpox inotenderera mune masosi ekubatanidzwa akawanda, uko chemsex inoitika.
- CBC yekuongorora kusangana neagranulocytosis nekuda kwelevamisole kana cocaine ichiita chikomba.
- Kudzorora kwehutano hwemuviri: kushandiswa kwemishonga yechisimbi uye yemucheka - inonyanya kufanira kune vanoshandisa GBL (nzira yekuchinja mumushonga) uye kune chero ani anoshandisa mishonga nemutsvairo.
- Onogorowana kwechipfuva: ECG kana kuiswa kwechiuru chakakura chemariani kana mefedhoni. Kutevedzera kwemutauro.

Maitiro ekutsvaga zvinhu zvekubereka nekugara uchirapwa: zvishoma kuchengetedza nguva yemaonero emwedzi wese kwegore rekutanga. Kana uchiri kufamba nevanhu, zvigadziriswe zvakawanda. Kutsvagira zvinhu zvekubereka hakusi chinhu chekukurudzira - nderimwezvo rekunyatsotarisira hutano hwako.

5.2 — Mhosva Yemidziwanano Inokonzera Kushandiswa Kwenyeredzi.

THE CENTURION — Bhuku iri rinonzi "Gap in Learning"

Chinyorwa chino chichitaura nezvengozi yekubatanidzwa kwevaya vanenge vachitendeuka: "Kune vamwe vanhu vakawanda vari muchikamu chekuitisa, nguva yekutanga yekuita zvekubata mumamiriro ekusabva kunyudzwa haisi kuuya kumamiriro akaita. Ndiyo nguva yekutanga. Nguva dzese dzekubatana, nemari kana nemarara, kubatirana kwega kwega kwainge kuchitongwa neiyi kemikari. Muviri wepwere hauna kumbodzidziswa kuti anogona kutarisira kusavanzika kwekubatirana zvakare—kusadzorwa, kusava nechokwadi, uye kufunga kwemamiriro akadzika kunouya apo hapana chinobvisa kubatirana pakati pevatoro maviri." "Iyi haisi ngozi yekutadza. Ndiyo gapu mukufunda."

Mune yekurapa kubva muchimwewo chekuita zvekusexera neiyi kemikadzi, inenge yakanyanya kushungurudzwa kupfuura mune rimwe rekurapa kubva kumamiriro akasiyana-siyana. Iyi kemikadzi haingangove iri panzvimbo munguva yekusexera—yaive chinhu chinodiwa kuti kusexera kuchitwe. Muviri, uchiita basa rezvinhu zvinonakidza, hauna kumbomirira kuziva zvimiro zvekusexera pasina kemikadzi nekuti mukana wekusexera pasina kemikadzi wakanga usina kumbova nechokwadi.

Chii chinoita kuti zvive zvakakosha pakudzoka: Kugara kwekutanga kune mumwe munhu anenge ashandiswa zvekurapa uye ane hunhu hwakanaka, panguva yekubuda kubva muchimbiro, inzvimbo itsva. Hazvisi kuripa hunhu hwekubatsirana hwainge wasina kusvikirwa nekushandiswa kwezvemucheka. Kune vanhu vakawanda vari mukuudzwa uku, haanga vasina hunhu hwakanaka

hwekubatsirana hwaingova nechokwadi – kuita zvekushandisa zvemucheka kwakatangwa panguva yekukura kwehunhu hwekubatsirana.

5.3 — The Flatline

THE CENTURION — Mushoro unenge wakapera, asi haungori.

Chinyorwa ichi chinoshandisa shoko rekuti "flatline": 'Kudzoka kubva kunyenganyenga kazhinji kunounza kuchena kwemamiriro, uko zvido zvaive nazvo zvakanga zvapfuura. Hapana kusimbiswa. Hapana kufarira. Hapana kuda kuita zvekanje. ' Munzvimbo yekudzoka kubva kune chemsex, "flatline" inowanzoitika — nekuti masisitimu edopamine ne serotonin ainge akazara kuti atange zvido zvekubereka kazhinji, asi ikoko zvino zvakaderera, uye murongwa wemwoyo wakasarudza nguva dzekupedzisa basa remamiriro ekufarira eruzhinji.

Kuzvimba kwechipenyu.	Chii chiri kuitika?	Chii chaunofanira kuita?
Kusagona kusada – kushayikwa zvachose kwezvinangwa kana kufarira.	Midziro ye dopamine ne serotonin yakaderera; masisitimu ekubatsirwa ari kuita sarudzo kuti abude kubva kuzviratidzo zvinonyadzisa zvakagadzirwa; mururami uri kudzokorora kunzwisisisa kwezviratidzo zvechisimba, izvo rakatengeswa nemakore ekufamba nezvinhu zvinopenya.	Usheuchidzane, usavhiringidzi, usaite hondo. Iri musimboti, kwete mutongo. Chengeta zvinhu—zvaruramiro, kurovedza muviri, chikafu chenani, kubatana—iyo sarudzo yepamusoro pane iyo nyasha inogadzirisa. Zvakaita sekupera kwechipupu chinenge chisina hutano. Nguva dzinowedzera: 1–3 mwedzi kune vanoshandisa meth uye vachishandisa zvinodhaka zvine njodzi; 3–6+ mwedzi kune vamwe vanotevera mamiriro anozvinetesa, senge kushandiswa kazhinji kweMDMA.
Kusangana nekurara kwevazukuru kunogona kuzonzwa sekusinganyadziswe, sekuripini, kana kusiri nyore kuita.	Muzvinamato zvakadzidza kuti kusimbiswa kwezviratidzo zvekubereka kunofanira kufanana nemamiriro ekushandisa chinhu chinosetsa. Mamiriro okunetsa haasi aripo. Dhizaini yekusimbiswa kwezviratidzo zvekubereka ichiri kuvhura zvinhu zvaishandisirwa kare. Nzira yechisimbiswa kwezviratidzo zvekubereka inowanikwa asi isingazivikanwi.	Kutanga nezvakadaro zvinonyadzisa zvishoma: kutarisa kwevabereki, kushambidzwa kwemwoyo, kubatwa, uye kunyengera. Izvi hazvifanire kuva zvekunakidza kana kuti kusanganisira zvekubereka. Kuunzwa kwenzara inenge ichiita kuti zvinhu zviite - denga remishonga rinogona kudikanwa.

Kuedza kuongorora kana basa rakapedzisa kupfuura.	Kutarisa zvakanyanya zvepornogirafi kuti tive kuziva kana kufara kuchiri kushanda, kana kuvhima zvisina kunyarwa kuti tive kuziva zviratidzo, inoita kuti uve nechido chekufunga zvinhu zvinotyisa mune system iyo inogona kudzokera kuwanzobudirira nekumirira. Mwedzi wese wekuongorora unoshevedza nguva yekudzoka kwazvo.	Zorora kuita zvakanyanya. Kuita zvakanyanya ndiyo inova nyaya, kwete zvinoratidza kuti pane nyaya. Kunyadzwa kunogumburwa nekuita zvakanyanya ndizvo zvinovhima kusimudzika kwezvaunofarira. Bhuku rinodzidzisa: 'Ona pasina kuda.' Zviratidzwa zvekusimudzika kwezvaunofarira haafanire kuitwa munguva yese.

5.4 — Kusimbisa Upenyu Hwepamwe Nekururama.

THE CENTURION — Dzidza Zvausinga Kudzidziswa — Kubata Pasina Kugadzirira.

Chinyorwa zvakanyora: "Kuzvitakura kwemuviri kwechaizvo, kwainge kwakatungamirirwa nekushandiswa kwezvemishonga, kunoda kudzidza kubva panguva yekutanga. Hunyanzvi hwekusangana nemunhu asingabve achitora zvinodhaka – kusimuka mumuviri, kutendera kushungurudzika kwokuonekwa, kuramba pachinzvimbo kana manzwiro akanyanya – yakaderedzwa. Kuregererwa hakusi kudzoka kumamirirwo ekare. Ndiyo yambotanga."

Maitiro ekushandisa chaiyo yekuvaka rubatsiro rwekurarama hwehupenyu hwakanaka panguva yekubudirira kubva kumamiriro ekushandisa zvinodhaka.

- Mwedzi 1–3 (nyika yekusavapo kwemufaro): hakuna kunetsa kwekushandisa mabviro. Chengeta sarudzo dzekubata mumuviri pasina kubatwa nemabviro — kubata, kutonhora, kuva pedyo nevanhu vanotakurirwa. Mivairo inodzidza kuti miviri inogona kuva padyo pasina kushandiswa kwemishonga. Iyi ndiyo dzidziso chaiye yemivairo, isiri hanya yekurapa.
- Mwedzi wechitatu uye kupfuura apo (kana zvido zvaangotanga kudonha): dzama nezvakaderera, zvepakudya-nyaya dzekubatsirana. Usati watanga nezvinhu zvakawanda, zvemasikwe mana akaita seiyo yacho yaiva "chemsex" - iyoyo inogona kuuya gare, kana ichienderera kuchiita chikomba cheupenyu hwako, asi ingova nechokwadi chekuti uri wechipatswa. Dzama nezvakaderera, zvepakudya-nyaya dzekubatsirana izvo mumuviri wako unogona kuzvikwanisa pasina kuti uderere.
- Kusuru kwezvekubereka: Kune vanhu vakawanda vari muchikamu chekuregerera kwechemsex, kunyanya avo vakaishandisa kuti vasvike kuzviratidzo zvekubereka zvavaifunga kuti hazvaiwaniki kana kuti zvekusavanzwisiswa pavakanga vasina kushandisa chinhu, kuuya kwekudzoka kwemamiriro ekusazvinetsa kunoratidza kusuru. Izvi haisi zvidikidzo chekuti kuda kubereka pachayo kwaiva chinhu chakaipa. Izvi ndezvidikidzo chekuti kusuru yakanga iri ipapo panguva isati yavhurwa

nechemsex uye inoda kuongororwa zvakazara. Terapi dzinotsigira LGBTQ+ ndiyo nzvimbo chaiyo yekushandisa mhinduro dzakadai.

- Mamiriro yeHIV uye hunhu hwekurarama: kana iye ane HIV, ngavaive akagamuchira chidochero zvakare kana kuti achiri kutanga kufaera nechirwere ichi, basa rekudzorerwa kwehutano hunokanganisa zvekubereka hunosanganisira kushandiswa kwemaitiro ekunyatsopindura mwoyo pamusoro pekutambanuka kwacho, pamwe chete nemamiriro ezvinhu anonzwisiswa zvakananga eU=U. Iye ane mamiriro anenge asiri a HIV haazokwanisi kupasa chirwere ichi. Izvi zvinogadzira shanduko huru mumamiriro ekubereka — kwamunhu wese, inobvisa mwoyo unenge uine kushungurudzwa kwakanga kuchikonzera kuti ave nechitarisiko chekuparara kupfuura kuita zvazviri.
- Monogamu, kusanyanya monogamu, uye nharau dzekubereka: kazhinji kabhaya inowanzwa muchikoro chesozhesha-nharau chinenge chiri pachinzvimbo (maapuru, nzvimbo, mabatirwo). Kukudziridzwa hakudi kugadziriswa kweiyo monogamu kana kusunungurwa kwemaitiro akasiyana ekubereka. Inoda kune imwe nzira yakanaka neiyo nharau yekubereka uye maitiro ayo anozvishandisa munhu. Pane zvimwe zvinonzi "sober queer community", "sober sexual community", uye nzvimbo dzekudziridzwa dzinozivikanwa zvakajeka kuti dzinotarisira vanhu veLGBTQ+. Izo nzvimbo dzinogona kuwanikwa.

Sezheni re-6 - Kurongedzwa neHIV uye Kutarisira Kwemamhando Eremu Mukurapwa.

THE CENTURION — Protocol 42 Yakashandiswa — Dhizaini yekudzivirira yevanhu vari muchikamu chekuregererwa kwezvekushandisa zvinodhaka.

Chivandudziko chepaBhuku, Purotoro 42, chinopa mhinduro yese yekudzivirira uye kutarisira matambudzo eHIV. Iri basa rinoshandisa iro zvakanyanya pakutarisira vanhu vakatambura nekuda kwechemsex.

6.1 — Kana Usina HIV

- PrEP (Kudzidzira Kuti Usvire): kana usiri uchitora PrEP uye waishandisa zvekuita zvekusexera nekemikari, dzama PrEP pamberi pekuroora sexi zvakare. Bhuku rekushambadza rinonzi 'iyo Pre-Execution Firewall.' Truvada neDescovy (anotorwa zuva rega rega) uye Apretude (inorwadzwa, mwedzi mina nemwedzi) zvese zvinopa kuchengetedzwa kupfuura 99% kubva kuHIV kana zvichitorwa zvakasununguka. Zvinogona kuwanikwa kuburikidzo nechedokotori chaunofarira, kliniki yekuita sexi, kana sevhisi yeHIV.
- PEP (Kudzidzira Kwemushandiro Wevakatanga Kutongwa): kana iwe wakanga wasangana nemamiriro anogona kukubata HIV panguva yekusexera nekemikari, dzama PEP mune masasi makumi maviri nawo. Inoda masosi makumi maviri naemasere. Kuregeredza nguva yakareba kusatanga = kuwanda kwemaitiro akakodzera. Bvunza paforomiti yechisimwa kana pachikliniki chekudzoka kwezvirwere zvepakukohwa.
- Kutarisa HIV nguva dzese: mwedzi mitatu yega uchiri kufamba nevanhu. Bheji rekutanga remubvunzo weHIV rinogona kuongorora HIV zvakanyanya kusvika masikati 18-45 apo wakabata hutachana. "Nguva yekuyerera" yemubvunzo wekare haisi "nguva yekuyerera" yemubvunzo maderera.
- Kutarisa zvinetso zveHepatitis C: kana iwe uchidaidzira (kushandisa chinhu muveini) uye izvi zvaive chikomba chezvekufamba-famba, tariswa kweHepatitis C mwedzi mitatu. Hepatitis C inogona kurapwa. Zvinodhaka zvine antiviral zvinobudirira mukurapa mumwedzi 8-12 kumwechete muvanhu vakawanda. Kutariswa uye kuitirwa zvinenge nyore. Kugara uchinetse uye usazive kuti une chirwere hazviwanzoitwe.

6.2 — Kana Uine HIV

Maitiro ekuti: "Mukati weHIV, asi viral load yakaderedzwa, haazokonzere kudzoka. Virasi iripo, asi iri mukati uye haikwanisi kuzadzika." U=U haisi nzira yekuderedza ngozi. Iyi ndeyechisayenzi yakasimbiswa nemaitiro ePARTNER nePARTNER2 akatevera zviuru zvevanhu vakazvimiririra kwemakore, uye anoratidza kuti.

- Kana iwanzoziva kuti une HIV: huya kuchikoro chevarwere kana kuimba yedokotera yeHIV nekukurumazana. Kunyanya kushandiswa kwemishonga pakatanga zvakaremara kunonyatsofanirwa. Mishonga inowanzoshandiswa inzvimbo imwe yega inodurwa zuva rega rega. Vanhu vakawanda vanoshandisa mishonga iyi vanogara hupenyu hwese.
- Kana akatongororwa uye achitambiswa: ita zvichemo kuti mvondo yeHIV iwedzerwe kusvika pazero pamberi pekudzoka kune zvekubatsirana zvebanga. Kana mvondo yeHIV isiri kudzikira—izvi ndicho chinhu chinonyanya kufungidzira mune zvakanyanya. Nyorai nemunhu anokurapa HIV kuti vaone kuti nei mvondo yeHIV isiri kudzikira.
- Chemsex uye kutarisira kuita zvido zvekurapa: Chemsex inokanganisa zvikuru kutarisira kuita zvido zvekurapa. Kushandiswa kwezvirongo zvekurapa - kunyange kwayo-kwayo - kunogona kukonzera kuti virasi idzokwe. Kana chemsex ichikukanganisira kutarisira kuita zvido zvekurapa, iyi ndiyo nyaya yechirwere yaunofanira kutaura nemudokeri wako weHIV nezvezvirongo zvekurapa zvinotora nguva refu (Cabenuva, kazhinji kana mwedzi imwe-imwe) anobvisa chido chekurova pill zuwa nezuwa.
- Kutsununguka kwemamiriro ekushandiswa kweiyi kemikisi uye HIV: Kuitwa kwekutarisirwa kweHIV muchinzvimbo yekudzorerwa kubva kushandisa iyi kemikisi kunounzawo mhirizhonga yakakosha yemupfungwa - kusavanzika, kufa, kutya - iyo inoda rubatsiro. Kubatsirwa kwemamiriro ekushandiswa kweiyi kemikisi uye kuunza runyararo munhu anofanira kuvimbiswa. Vanhu vakawanda vanogara vaine HIV vanoridza kuti kurapwa uye U=U zvakachinja zvakanyanya hukama hwavo nechirwere ichi, kubva kuchivanzo chekufa kusvika kuita chirwere chinogona kudururirwa. Shanduko iyi inowanikwa uye yechokwadi.

Sezheni 7 - Kushungurudzwa neKemixesi - Kunzwisisa uye Kudzorera.

THE CENTURION - Kushungidzwa kunetsa kufunga nezve chinhu chakakura, kwete zviduku.

Kudya kwechemsex kunakakosha kubva pakudya kwezvidonge zvimwe chete nekuti chinhu chinoderedza kudya kwacho hazvisi chinhu chakakura—asi kuita. Kudya kwacho hakusi kwekwa-meth pachake kana kwebhuru GHB pachake kana rekwa-mephedrone pachake, asi kwezvinhu zvose zvechemsex: kusimba kwezvekubereka, kushungurudzika, kunyarara, kufunga kuti unenge wakabatana nemumwe, uye zuva (kana masikati) aive panze pewenguva yezvo zvinonzi "zvakajairwa".

Izvi zvinoreva kuti kufarira kuita chemsex kunenge nehutano hwakawanda hunogona kuitanetsa, kusiyana nezvakangoita hutano hwezvimwe zvinhu. Hunogona kukonzwa nekufara kwekurara chete (kusimbiswa kwekurara = kutanga kwemahara). Hunogona kukonzwa nekuvhara chete (kuda kunge wakabatana nevamwe). Hunogona kukonzwa nemutengi kana platform chaiyo. Hunogona kukonzwa nguva chaiyo yechikamu chemwedzi. Hunogona kukonzwa nekumanikidzika (kufarira kudzokera). Hunogona kukonzwa nevanhu vakabatana navo. Hunogona kukonzwa nezvakafanirwa vamwe vanhu.

Zvikonzanisa kufema kwezvinodhaka zvekushandiswa nezvinhu zvimwechetezvo.

Trigger	Chidiki chinoda.	Ndinonzwa uchida kuti ndikubatsire, asi handikwanisi kuzviita. Ndine zvimwe zvinogona kukubatsira.
Kukwezwa.	Mutsvaire wacho, wakadzidza kuti kusimbiswa kwezviratidziko zvekubereka kunoreva kushandisa mishonga, unoshandisa iyo circuit yekutarisira kushandiswa kwemishonga kana kusimbiswa kwezviratidziko zvekubereka. Kufamba kuri kune mamwe mazinga ekunyarara, uye kufamba uku kunoda izvo zvakanga zvachiri pamwe nekusimbiswa kwezviratidziko zvekubereka kare.	Kukwezwa kwezvirume kwemweni chaiyo. Mhinduro yekushandisa kemikari kunakidzwa inzvimbo yakadzidza, asi haisi yechokwadi. Kuitawo zvimwe zvinogona kubvisa kufara. Kutaurana nemunhu ane ruzivo mukubudirira kwekurapwa. Kufara kwacho kuchazadzikira pasina kushandiswa kwekemiari. "Flatline" inzwi rinoreva kuti chinhu ichi chinenge chisiri pachena munguva yekutanga yekurapwa; kana zvichidzoka, zvinogona kuita kuti zviyewo zvakakosha zvikwaniswe.

Appures uye maturakisi edhijitari.	Grindr, BBRT, uye mamwe maapp akanga ari nzira huru yekuwana mikwikwi yechemsex. Iyo app pachayo inzira yakawanda - iyo interface, mafoto, uye kunyarara kwese kunogona kusimbisa zvinhu zvinokonzera chemsex.	Dzisa zvizvo zvinonzi "apps" zvachose munguva yekupfuura masikati makumi matatu (90). Izvi haisi kuvanza sezvakatadza—ndiyo nzira yekuchinja nhamo (Protocol 05) semishonga. Kana zvichemwa zvekusangana nevanhu zvikaitwa zvakare, hazvifanire kuitwa panguva imwechete nekuyamura kwezvinonetsa zvine kushandiswa kwekemikari.
Chisikigo/Mugari, manheru ekuenda/manheru ekutatu (wakatanga).	Muviri wemwoyo, wakadzidziswa kuti aronge zvinhu zve"chemsex" panguva chaiyeverwa wevhiki, anogona kuita "signali" yekufarira apo chete, kunyangwe mwedzi yakapfuura kusati aponeswa.	Gadzirisa plan yega musi weJuma neMugovera mumwedzi mitanhatu yekutanga yekuchokwadi, uchishandisa zviridzivo zvakakosha uye zvepakubudirira. Nguva dzekufema dzvekudada dzinofanira kuzadza panguva yacho usati watangazara kudada. Usasiye masikati asina plan uye urege kuti unonetsa kufunga.
Kusagadzikana uye kusangana nemunhu.	Kunenge zvakanyanya zvinofadza kuva nechinzvimbo uye kunzwa kuti unowanikana mumamiriro akaita seaya, izvo chemsex yaive nemarudzi akawanda. Kusavapo kwevamwe kunogona kukonzera kuda kuchidikanzo chekuti uyu mhemberero unoshanda pakubvisa kufunga nezvezvinhu zvakaoma.	Kutarisira. Kutarisira chero chinhwa. Nhumwe dzinogara pamwe dzine zvakaitika nekuda kwezvikanganiso zvinenge zvichidikanwa - nhumwe dzinogara pamwe nekuratidza zvinhu zvimwe zvepakati. Misha yekurapa inova yevanhu veLGBTQ+, mapoka e"twelve-step" akasarudzika kune vanhu ava (Crystal Meth Anonymous, SMART Recovery), kana kuti chero chipfeko chevanhu vasina kunyudza chinenge chisiri chinhu chinoshandiswa.
Kusuru kune imwe sarudzo, kusvikirwa, kana kunyanya.	Kugona kwezviito zvekemsex – nyaya yekuti zvaive zvichipa nzvimbo hombe munguva dzekutambudzwa kwakanyanya – zvinoreva kuti chero nguva yava nechido chakashata, chinogona kukonzera kuda kwekugara munzvimbo yakasiyana.	Protocol 01 (Kudaira) wekushandiswa pakutambudzwa kwakanyanya. * Maitiro ekufema. * Kubata kwekurapa. * Saka rekukosha: kugadzirira kutambudzwa, panze pekuyera pachayo. * Maitiro ekufunga anogadzira kuvengana kwemamiriro akanyanya kushungurudza ndiyo nzira yekubatsira yendure wekuti uyu mubvunzo usati

		waenda.
Vanhu vanoshandiswa mumamiriro ekushandisa kemikadzi.	Varume kana vakadzi vanowanikwa mumidzo ye"chemsex" anogona kuita kuti zvinhu zviite zvakanyanya. Kutaura navo, kuvaona pamapuranga e social media, kana kuvapa mu town inogona kukonzera kutsvuka kwakasimba pakarepo.	Mabviro ekudimbura uye ekumutsa pa social media anogona kuve zvidikanzo zvekudzivirira, asi haasi kuvenga. Protocol 08 (midziyo yekushandisa) inotaura nezvekugadzirisa kwese kwe network yevanhu iyo inodiwa mukurapwa kwechemsex. Zvimwe zvepakati pezvinhu zvine hukama mu network yechemsex zvinogona kuchengetedzwa munharau dzisina kushandiswa kwezvinodhaka munguva, asi zvikuru hazvigone kuchengetedzwa munguva yekurapwa pakutanga nekuti kunenge kuchinja mufaro wekushanda.

CHEMSEX CRAVING INTERRUPT - MHINDURO INENGE MINETI SHANU.

1. ZVINODIIWA: ZVINHU ZVESE ZVAUNODA KUZVIDZA. Kwete kuti "ndinoda kushandisa." Chii chinoita kuti uone zvinhu izvi? Kusimbiswa kwezvekubereka? Kunyatsopindana nemumwe? Kuzvitendeura? Kuvaka hukama hwemwoyo? Kana uchizviziva, zvinogona kukubatsira kushandisa chinhu ichocho.
2. BHUDZA NZVIMBO YAKATOFIRA KANA PLATFORI. Kana uri paapplication yekurota kana munzvimbo yekumirira, bhudza ipapo zvakananga. Kana uri wega imba musi waJuma remangwanani, shanduka nzvimbo. Shanduko yenzvimbo, zvekuti fizikisi kana digital, ndiyo nyaya yekutanga.
3. ZVIDZO ZVEKUFEMERA - MAKUCHI ANOMWE. Kushungurudzwa kwekutsvaira kwekemikari kunoratidza zvikamu zvakawanda zvebhayo akaderera zvinoshanda panguva imwechete. Makuchi anomwe, kwete mana, kuti uwedzere mhinduro yakanaka yekushandisa mwoyo.
4. EDZA NAC, L-THEANINE, uye MAGINESIYAMU. Kunonzi kufamba kwezviratidzo mumuviri zvinoita kuti uve nechido chakakosha kunge chine chikomba chemakemikari chinogona kurongwa munguva chaiyo. Aya ari matanho anotaurwa anoshanda zvakananga pakunyorova kwese kwechiedo.
5. CONTACT — ZVINOKOSHA KUTANGISA: Kana uchida rubatsiro, shanyira mumwe wevanhu ava vanoziva nezvekudzokera kububuyamwo kwezvinodhaka:
   * Crystal Meth Anonymous
   * Murapi anozivisa nezvehutano husingaderere.
   * Mutengesi anobatsira vanoda kudzoka kububuyamwo.
   * Murapi ane ruzivo rwazvo nezvekudzokera kububuyamwo kwezvinodhaka.

6. CHENESA ZVAKADZIDZA ZVINOKUDZIDZA. Chimwe chinhu chinonetsa zvakanyanya – chinhu chinosimba chaizvo, seiyo simba yaiva nemaitiro ekushandisa zvinodhaka. Kufamba kwevanhu, kupfura mumvura inotonhora, kushanda nezvakakosha, kuita zviito zvekurwira. Mwoyo we"Warrior" unorasikirwa zvakanyanya, saka anoda mhinduro yakasimba, kwete yechikafu chetakatapwa.
7. Chii chakakonzera izvi? Chii chaidikanwa neiyi basa? Wakaita sei? Kusanzwisisika kwezvinodiwa kwakanyanya here? Mushure memakumi matatu emwedzi, data iyi ichave nechokwadi chekuunza hutano hwenzira dzekusanzwisisika zvako – mazuva, zvikonzero, uye mabasa – nemamiriro akajeka ayo anotariswa nevanhu vese.

Sezheni re8 -- Nhova, Hunhu, uye Dhizaini Yekubudirira Mune Upenyu Usina Kushandisa Zvinodhaka.

THE CENTURION - Kukudzorera haafanire kukubata kuti uende kubva kumuranda wako - inofanira kuvaka upenyu hwakasiyana mukati mari.

Dambudziko rekutanga remarongerwo ekubudirira mukurapa kwevanhu vanoshandisa kemikari mune zvekusexa ndeye: chemsex scene yakapa mhuri chaiye, kunyatsokudziridzwa, kuita zvepakati pevamwe, uye ubungane chaiye pamwe chete nemishonga. Kubvisa mishonga uine kushoma kwekushandisa nzvimbo yacho kunogona kukonzera kusagadzikana - uye kusagadzikana ndiyo nhamo inonyanya kuitira kuti vanhu vadzokere kumashonga.

Kudzoka kubva pachimwechete chechemsex haisi basa rekusiya mhuri yevarume, vanhu vane zvakafanana nemarudzi akasiyana-siyana, kana kuti vanofarira zvitambi zvepabonde. Haisati ibasa rekubuda mubudo. Haisati ibasa rekusiya tsamwa yepamwoyo yemurume kana kuita zviito zvepakubata zvaiitwa nemunhu asati atanga kushandisa chinhu chinonakidza. Zvinodiwa ndevekuti vakwane nzira dzinonyatsopedzisa zvinhu zvaitiswa nechemsex — kufa, kubatana, kudzokorora zvaanoda, uye kusununguka kuti ave iye pachake — asi pasina kushandiswa kwezvinhu izvozvo.

Kuvaka Nhumari Yevanhu Vechimwe Neshamwari, Vanofarira Kurega.

- Crystal Meth Anonymous (CMA): Inotariswa zvakanyanya kumagumo ekushandiswa kwecrystal meth, uye inomwe mauto makuru mumigwagwa mikuru. Kugovanidzwa kwemaitiro ekusexera nekemikari kunogadzira unyanzvi hunofungidzirwa husingawanikwi mumatsamba ekubudirira akazvimiririra.
- Maitirwo e-SMART Recovery wevanhu vemaLGBTQ+: nzira isina madhimoni uye isingafaniri nezvinhu zvinenge zvakakosha, iyo inopa sarudzo kune vanhu vane zvakawanda zvemaLGBTQ+, uye zvinozvakawanikwa kuti pane maitiro akawanda anomiririra vanhu vemaLGBTQ.
- Maseva anopa rubatsiro akakosha zvikuru kune vanhu vanoshandisa kemikari panguva yekubereka: muUnited Kingdom, mamwe masangano ekutarisira zvinhu zvekurapwa uye HIV anonyorera maseva akakosha zvikuru kune vanhu vanoshandisa kemikari panguva yekubereka. MuUnited States, sangano refu seSan Francisco AIDS Foundation, CALLEN-LORDE Community Health Center (muNew York), uye mamwe masangano anotarisira HIV anonyorera rubatsiro rwekufunda nezvekushandiswa kwekemikari panguva yekubereka. Mutungamiri anoziva nezvekushandiswa kwekemikari panguva yekubereka ndiye anoshanda zvakanaka zvikuru mukuponesa.

- Mizve dzinobatsira vanhu vemaLGBTQ+ vasina kunyudza: mabhawa anonyadza, zviitiko zvine chokwadi mukati memakambani ePride, masodzi emusangano wevanhu vemaLGBTQ+, mabasa ekubatsira. Hunhu hwevamwe vanogara mumizi iyi hahundidzwe nemarobhoti—asi iyo nzira yechiedza inoda kurongwa nekuda kwezvikonzero zvekuti inonyanya kufinyiridzwa kupfuura iyo inzira yakagadzirwa nemarobhoti.
- Hunyanzvi dzekudzoka semamiriro ekushanda kwevanhu: vanhu vakawanda vari muchikamu chekudzoka kubva kumitsetse inopesa uye inonyangadza (chemsex) vanowanzoona hurudzi hwemurume kana hwechipfeko zvavanotarisira mumamwe vanhu vanonzwa nezvenyaya iyi, uye vanozivawo zvekuti sei kuzadzika kubva kumitsetse iyi kunoitwa. Ruzivo rwavo rwakarurama - nezveizvo zvaitwa nemitsetse iyoyo, mari yacho, uye sei kuvaka upya kunoitwa - inogadzira hukama hwakakosha hwevanhu izvi, hukama husingawanikwi mumamiriro ekushanda eavo vanoshandisa mitsetse iyi, kana mumatunhu akawanda ekudzoka.

Ibuva rehutano.

THE CENTURION — Iwe uri ani haisi zvavakaita.

Nekufamba kupfuura "chemsex" kazhinji kunounza dambudziko rekuziva iwe: 'Kana ndisingaite zvaunoda kuita, ndiye ani zvakare?' Kune vanhu avo vakatanga kufamba mupfungwira yekubatsirwa neiyi nyaya, kusazvitsinhara hakudzorise chaizvo-chaizvo iwo maonero akanga vatove nawo. Panofanira kuumbwa onhero itsva.

Chikonzero chebhuku iri: Kudzorora hakusi kuurawa kwezvinhu zvaunazvo. Hunhu hwemwoyo - kusanganisira kushumwa, kufa, kana zvimwe - hazvisi chemsex. Kunyudza mune nharau dzinobatsira haisi chinhu chakabatana nezvinyoro. Kuvaka, simba, uye kuda kuzviziva - zvinenge zvakaratidza mumoyo wevanhu vakanga vachida chemsex - hazvisi iyo nhau. Izvi ndezvakakosha zvemunhu uyo aive asati atanga kushandisa izvo, uye anogara achiwanikwa kuti agadziriswe pachinhu chinofananidzira, asi kwete kushandiswa kwezvinyoro.

Kudzokorora nderokuvaka hunhu hwemwoyo uye hwechipfuyo husingafanire kushandiswa kwezvezvinhu kuti uwanikane. Kuvakwa kwacho kunogona kutora makore. Hazvisi kuzvidzorera kubva kuani iwe. Ndiyo yekuongorora ani iwe pasina chinhu chinokubata.

Sezheni 9 -- Kushanda neRecovery Kernel: Mhepo Yenyanga Yenyu.

Kuuraya yekudzorerwa kwezvekushandisa zvechemsex ndiyo yemararamiro akawanda ekuyambira munzvimbo iyi. Zvitoro zvehunyengvi hwega wekushandisa hunobva pazvakadzidziswa zvakadzika pamusoro pezvinhu zvega. Iri maratidzo anomiririra kuti zvinhu zvienderane.

Zvinoreva chikamu chemwimbi kana nhanho yekukura.	Mitemo.	Chikafu chakakosha.	Chemsex-yakakosha.
Ngozi yekutandira (mazuva 0-7).	GHB guide (Itaunganidzo re3); Chiremba; Kliniki yekurondedzera zvinhu zvekubereka.	Kurapa kwekurwara kwekushandiswa kweGHB; kutsvagisa zvirwere zveHIV uye zvimwe zvinoreva kusungwa; kupe rwemishonga wekudzivirira kukuvadzika (PEP) kana zvakakosha; kutanga kushandiswa kwemishonga yekudzivirira HIV (PrEP).	Maawa mashanu ekare edza kusimbiswa nekuvhiya kwehutsinye hweGHB. Zveshinga zvimweni zvinotevera apo ngozi yekutapwa yemishonga yaderera. Kuongorora HIV/zvirwere zvepakubereka mugore rekutanga hazvifaniri kusiya.
Mubvunzo weBhayoloji a (Masikati 1-14)	Protocol 07, 09, 17, 18; Zvinangwa zvekuwedzera zvakajairwa (Section 4).	Maitiro ekubatsira mitatu; hutano; kunyoresa mvura mumuviri; kuputsa zvinonyadzisa; magnesium, zuva rekutanga.	NAC ne magnesium pazuva rekutanga – kushandiswa kwemhando yese panguva imwechete. Tyrosine inotangira pazuva re3-5. 5-HTP inotangira pazuva rekutanga (manheru). Zvakawanda zvinoshandiswa pamhando yese dzema tracks dzetatu dzinogadzirwa mugore rekutanga.
Kugadzirisa Zvinhu Zvekunyoresa uye Mwedziro (Mazuva 1-30).	Protocol 05, Protocol 08	Dzisa maapplication; kugadzirisa mabhizinesi ekushandisa zvakawanda; kubvisa zvinangwa; manejimendi kwevanhu vanoshandisa kemikari.	App zvakakosha zvinofanira kudzima mukati mekedu kweawa makumi maviri nenhatu. Kwete munguva yakatevera. Dhizaini yekusangana kwezvekushandisa zvinodhaka inomirirwa zvakanyanya nemapuratifomu ekuridhiji - gadziriso yenzvimbo inofanira kusanganisira nzvimbo yedhijitari zvakazvose. Iyi ndiyo

			shanduko yakadiki yekuyenda iyo vanhu vakawanda vanenge vachidaidzwa kuti vaite panguva yekuchokwadi kwezvekushandisa zvinodhaka.
Kufemerwa kweDNA (Zvichemo 1-4)	Sangano re15 (Chinyorwa), Sangano re2 remubvunjo urwu.	COMT, GABRA2, MTHFR, DRD2, SLC6A4, CYP2B6	GABRA2 inenge ichiito yakakosha zvikuru yekutarisira kweimba yemishonga pakugadzirisa zvinhu zveGHB. COMT Val/Val inoratidza mashandiro anodiwa. MTHFR inobvumira kuti 5-MTHF iwe chinhu chinonyanya kufungidzira. SLC6A4 short/short inoratidza maitiro ekushandisa serotonin, uye inoda rubatsiro rwakakwana pakugadzirisa zvinhu zvemehedrone.
Kudzidza nezvehutano husingava uye manejimenti yeHIV (Inoenderera).	Protocol 42 (Kudzivisa HIV); Irodivhisi 5 ne6 remubvunjo urinano; Kliniki yekutarisira zvinhu zvekubereka.	Kutevera PrEP kana ART; kuongororwa kwezvirwere zvekubata nemano (STI) mwedzi mina; kugadzirisa hutano husingabvire; kushandiswa kwemaitiro akakodzera.	Kusvika pakupora zvachose, hutano husingaderedziwe hunofanirwa kuchengetedzwa - kwete semamiriro ekushandiswa kwekanguva chete asi sezvido zvinogara zvichidikanwa. Kufemerwa kwezvirwere zvepakubereka kamwedura rimwe, kuongorora uye kushandisa PrEP kana ART nguva dzose, uye kuzadzisa simba rekushandira zvakanaka mumamiriro ekusava nemvondo, zvinofanirwa kuita hupenyu hwese, kwete kungova matanho ekutanga ekupora.
Architecture yemumwe nemumwe (Zvichemo 2-12)	Protocol 04, Protocol 08, Protocol 16; CMA kana zvimwe zvinofanira.	Chikoro chevanhu veLGBTQ+ vasina kushandisa chinhu chinosetsa; rubatsiro rwevanhu vanoshandisa zvinosetsa; hukama hwechokurapa.	Mubatanidzwa wevanhu waiva nechero chemsex unofanirwa kutsimbiswa - kwete nemubatanidzwa wakanaka, kana kuti nevanhu vasina kuroorwa, asi neboka rakachena redzvene uye rwekunyaradzana. Iri ndiyo basa rinonyanya kukosha remwedzi miviri inotevera mukudzorerwa kwechemsex, uye nderiye rinokanganisa zvakanyanya kubudirira kwenguva refu.
Kushandiswa kweRuzivo Rwekusarudza Hunhu Hwepamuviro (Mwedzi 2-12).	Protocol 20, 21, 35S series; hutano hwevanhu vanofarira zvakasiyana-siyana	Kugadzira hunhu hwemwoyo; kushandisa zvinhu zvinetsa; kuita kuti zvekurara zvive njodzi-dzisina; "flatline" uye kugumiswa kwazvo.	Chidzidzo chaiyenzaniswa cheProtocol 35S, iri muBhuku re7 remutsetse mukuru weCompendium, inopa nhau dzinonyanya kushandiswa pamushandirizano uyu. Murapi anogamira zvakadzika kune vanhu veLGBTQ+ uye ane ruzivo

	zvekubereka.		nezvechemsex ndiye anoshanda zvakanaka munguva iyi.
Mwedzi 6 uye kupfuura.	Protocol 24, 25, C-28, C-31; Protocol 35S.d	Maitiro ekushandiswa kwezvemupfungwa nemamwe mashoko: * Kuzvidzidza zvakadzidzira. * Kutevera zvinodiwa. * Kuvandudza hukama husingaite zvekunyora. * Kufara uye kunaka mumamiriro ezvinhu.	Munhu akazadzisa upenyu hwake uye akagadzirisa zvese mushure kwechemsex, achiine mhuri yechokwadi, kugona kusexera pasina kunyudza, simba rakakodzera kufunga kwemwoyo yake, hutano hweHIV yakaderedzwa, uye zvimwe zvinhu zvose zvekugadzirisa muviri - anenge akasiyana zvachose nemunhu aive pachake panguva yekutanga kwebhuku iri. Bhuku iri rakanyorwa zvakawanda achangobva pamusoro pemunhu uyu.

Shoko Rekupedzisira.

THE CENTURION - Nhau dzevhu, kubatana, uye simba - Zvaive zechokwadi. Iyo nzira yekuzviwana haidi zvemiti.

Zvakakoswa kwebhuku iri zvinoratidza ana J.P., A.C., J.S., G.F., uye C.O. — vanhu vakafa vasati vanyatsoziva kuti zvakavaitadzisa kushandisa chinhu chakanganiswa, haisi kusagona, asi biology. Mukuongorora kwekurapwa kwevanoshandisa chinhu chakanganiswa, zvakakoswa izvi zvinoratidza chinhu chinokosha: chirwere chakanyanya kukuvadza machimwe ari LGBTQ+ muna 1980 nemakore emakumi maviri apfuura, uye chakaita kuti vafunge nezvazvo kusvika pari zvino. Zvishandiso zvaishandiswa mumamiriro ezvinhu akabatana nekubereka munharau dzakadaro haaizvifara. Zvaaizoshandiswa kwaive mune mamiriro ekukundwa, kushungurudzika, kusavimbiswa, uye kuvhurwa kwakanyanya kwezvaunenge usati waona, zvinhu zvinogumbatidzwa nemamiriro ekutambura.

Recovery Kernel haisi chinhu chinokubata kuti ufurire nokurapwa kwawakava nechisimba, kana kuti ukachenesa zvakanga achikubatsira. Zvaaikubatsira zvaive zvechokwadi - nharaunda, kubatana, kunyudza, rusununguko rwemamiriro ezvinhu, simba, kuziva kuti uri mupenyu uye unodiwa munyika yakanga yatadza kutarisa nharaunda yako zvakanaka.

Zvaanopa Recovery Kernel ndiyo mikana yekuti zvese izvozvo zvechokwadi zvagone kuwanikwa pasina chinhu chinonhuwirira. Kuti kunyengerera kuchine hukama muchimwe chigadziko chevanhu vasina kushandisa chinhu chinonhuwirira. Kuti kubatana kuchine hukama mumamiriro ekutarisana zvakajairika. Kuti simba rechokwadi richine hukama mune zano remunhu ane simba, iro rinogona kuzvitsinhira pachayo. Kuti rusununguko rwekurara ruchine hukama - muchizere, muchitete, uye muchidaro kwenguva refu - mumamiriro ekurara vasina kushandisa chinhu chinonhuwirira, anobva pazvakaita munhu chaivo, panze pezvaicho chinhu chinonhuwirira chakanga chichikubvumidzwa.

Chemsex trinity yaiva dhizaini. Dhizaini inogadzirwa zvakanyatsochinjirwa kuti igadzire mamamiriro akatarisana. Kupora ndekugadzira dhizaini hombe itsva, iyo inogona kugadzira mamamiriro akafanana, asi neimwe nzira - nzira isingonyadzise system ye dopamine, isingoitambe system ye GABA, uye isinganyike mumuviri.

Bhuku iri raakanyorwa nemugadziri. Rinokupa mirayiridzo yemitambo yekuvaka. Iwe unogona kuvaka iyo dombo.

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Crystal Meth Anonymous (CMA): crystalmeth.org | SAMHSA: 1-800-662-4357
Never Use Alone: 1-800-484-3731 | RAINN: 1-800-656-4673 | LGBTQ+ Crisis: The Trevor Project: 1-866-488-7386

Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357

Tarisa bhuku rekudzidzisa rezvakakwana zveRecovery Kernel, "Complete Centurion Compendium," kuti uwane maprotocolo anotaurwa.

⚠ CHIZVIMBO CHEKUDZIDZA KWEKUONA DZIMWE NZIRA DZEKUONESA - ISIRI KUCHENESA KWEMITANDIRO.

Maitiro Ekanditsura Kubva Kumamiriro Ekushandisa Kemikari NeRecovery Kernel | Sarudzi Yemitambo Inotsinhidza.